

# Complying with Healthy Food Certification (HFC)



CONNECTICUT STATE  
DEPARTMENT OF EDUCATION

**Connecticut State Department of Education (CSDE)  
Bureau of Health/Nutrition, Family Services and Adult Education**

# About this Presentation

- This presentation provides general guidance regarding the requirements for HFC under Section 10-215f of the Connecticut General Statutes (CGS)
- For specific questions or technical assistance, please contact the Connecticut State Department of Education (CSDE)
- See slides 190-191 for CSDE contact information

[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Complying\\_Healthy\\_Food\\_Certification\\_Presentation.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Complying_Healthy_Food_Certification_Presentation.pdf)

# Disclaimer

- The mention of trade names, commercial products or organizations does not imply approval or endorsement by the Connecticut State Department of Education (CSDE)
- Product names are used solely for clarification in evaluating compliance with the CNS

# Abbreviations

<b>ASP</b>	<b>Afterschool Snack Program</b>
<b>CGS</b>	<b>Connecticut General Statutes</b>
<b>CNS</b>	<b>Connecticut Nutrition Standards</b>
<b>CSDE</b>	<b>Connecticut State Department of Education</b>
<b>HFC</b>	<b>Healthy Food Certification</b>
<b>NSLP</b>	<b>National School Lunch Program</b>
<b>SBP</b>	<b>School Breakfast Program</b>
<b>USDA</b>	<b>U.S. Department of Agriculture</b>



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# Overview of HFC



[https://www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-215f](https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215f)

# Overview of HFC

- CGS Section 10-215f requires that *all public schools participating in the NSLP* must *certify annually by July 1* to the CSDE whether they will or will not follow the Connecticut Nutrition Standards (CNS) for all foods sold to students separately from reimbursable meals (competitive foods)
- Schools that follow the CNS receive additional state funding
- Private schools and residential child care institutions are not eligible for HFC



# Connecticut Public Schools

- All local and regional boards of education
- Connecticut Technical Education and Career System (CTECS)
- Governing authorities for state charter schools, interdistrict magnet schools, and endowed academies

# CSDE Webpage

## Healthy Food Certification

- HFC participation (list of schools and state HFC map)
- HFC application
- HFC documentation
- HFC forms
- HFC resources

CT.gov Connecticut's Official State Website Search Connecticut Government... Language + Settings

CT.gov Home / Department of Education / K-12 Education / Nutrition / Healthy Food Certification (HFC)

### Healthy Food Certification (HFC)

- Overview
- Eligibility
- Apply
- Documents/Forms
- Related Resources
- Laws/Regulations
- FAQs
- Contact

Provided by: Department of Education

#### Overview

[School Nutrition Programs](#) | [Program Guidance](#) | [Forms](#) | [Resources](#) | [Nutrition Education Beverage Requirements](#) | [Competitive Foods](#) | [CNS](#) | [List of Acceptable Foods and Beverages](#)

Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes requires that each board of education or governing authority for all public schools participating in the [National School Lunch Program \(NSLP\)](#) must **certify annually** to the Connecticut State Department of Education (CSDE) whether the district will follow the [Connecticut Nutrition Standards \(CNS\)](#) for all foods sold to students separately from reimbursable school meals.

The CNS applies to all sources of food sales on school premises at all times including, but not limited to, school stores, vending machines, school cafeterias, and any fundraising activities on school premises. Districts that choose the healthy food option of HFC receive an additional 10 cents per lunch, based on the total number of reimbursable lunches (paid, free, and reduced) served in the prior school year.

#### HFC Overview

- HFC Overview: [Requirements for Competitive Foods in HFC Public Schools](#)
- HFC Guide: [Guide to Competitive Foods in HFC Public School](#) (CSDE)
- [Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools](#) (CSDE)
- [Summary of Connecticut Nutrition Standards](#)
- **CNS Compliance**
  - [Evaluating Foods for CNS Compliance](#)
  - [Guidance on Evaluating Recipes for Compliance with the CNS](#)
  - [How to Evaluate Foods Made from Scratch for Compliance with the CNS](#)
  - [How to Evaluate Purchased Foods for Compliance with the CNS](#)

#### List of HFC Districts (School Year 2019-20)

- [HFC Districts](#)
- [HFC Map](#)
- [HFC Data](#)

<https://portal.ct.gov/SDE/Nutrition/Healthy-Food-Certification>



# CSDE Resource

## Requirements for Competitive Foods in HFC Public Schools

- Summarizes the federal and state requirements for selling and giving competitive foods to students in HFC public schools

### Requirements for Competitive Foods in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving competitive foods to students in Connecticut public schools that:

- participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP); and
- choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.).

For guidance on how the federal and state requirements apply to different sources of foods and beverages in HFC, review the Connecticut State Department of Education's (CSDE) resources, *Requirements for Competitive Foods in HFC Public Schools* and *Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools*. The CSDE's *Guide to Competitive Foods in HFC Public Schools* provides detailed guidance on the requirements for competitive foods in HFC public schools. For more information on HFC, visit the CSDE's [HFC](#) webpage.



Competitive foods include all foods and beverages available for sale to students on school premises, separately from reimbursable meals served through the USDA's Child Nutrition Programs (CNPs). Under Section 10-215b-1 of the Regulations of Connecticut State Agencies, competitive foods also include certain foods and beverages that are given to students while CNPs are operating.

### Overview of Federal and State Requirements

All foods available for sale separately from reimbursable meals to students on school premises must comply with the *Connecticut Nutrition Standards* (CNS). All beverages available for sale to students on school premises, as part of and separately from reimbursable meals, must comply with the state beverage statute (*C.G.S. Section 10-221q*). In addition, beverages available for sale to students on school premises during the school day must comply with the USDA's Smart Snacks nutrition standards (81 FR 50131). Foods and beverages that do not meet the CNS or state beverage statute cannot be sold to students on school premises unless the sales meet specific exemption criteria (see "Food and Beverage Exemptions" in this document).

Only the Smart Snacks beverage standards apply to HFC public schools. The food standards do not apply because the state HFC statute (*C.G.S. Section 10-215f*) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, review the CSDE's resource, *Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards*.

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[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Requirements\\_Competitive\\_Foods\\_HFC.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Requirements_Competitive_Foods_HFC.pdf)

# CSDE Resource

## Ensuring District Compliance with HFC

- Summarizes four strategies to help districts comply with HFC and the state beverage

### Ensuring District Compliance with Healthy Food Certification

School districts that choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.) must ensure that all foods sold to students separately from reimbursable meals comply with the Connecticut Nutrition Standards (CNS); and all beverages sold to students as part of and separately from reimbursable meals comply with the beverage requirements of state statute (C.G.S. Section 10-221q). Foods that do not comply with the CNS and beverages that do not comply with the state beverage statute cannot be sold to students on school premises unless the local board of education or governing authority votes to allow exemptions and the following three conditions are met:

- the sale is in connection with an event occurring after the end of the regular school day or on the weekend;
- the sale is at the location of the event; and
- the foods and beverages are not sold from a vending machine or school store.

For detailed guidance on the HFC requirements, review the Connecticut State Department of Education's (CSDE) resources, *Exemptions for Foods and Beverages in Public Schools*, *Requirements for Competitive Foods in HFC Public Schools*, and *Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools*; and visit the CSDE's Healthy Food Certification webpage.



The CNS applies to all foods (commercial and made from scratch) sold in the cafeteria, school stores, concession stands, vending machines, fundraisers, culinary programs, and any other sources of food sales to students school premises. The state beverage statute also applies to these sources. Examples of other potential sources of food and beverage sales include, but are not limited to:

- adult education programs operated by the board of education;
- afterschool programs and activities, such as enrichment programs, extracurricular classes, tutoring sessions, and student clubs;
- classroom parties and other celebrations;
- clubs and organizations;
- family and consumer sciences classes;
- family resource centers;
- meetings;
- recipient schools under interschool agreements;
- sports programs and sports competitions, such as games, matches, and tournaments;
- summer school programs (e.g., enrichment or exploratory) operated by the board of education or school governing authority;
- USDA's Afterschool Snack Program (ASP);
- USDA's Seamless Summer Option (SSO) of the NSLP (only if foods are sold separately from reimbursable meals);

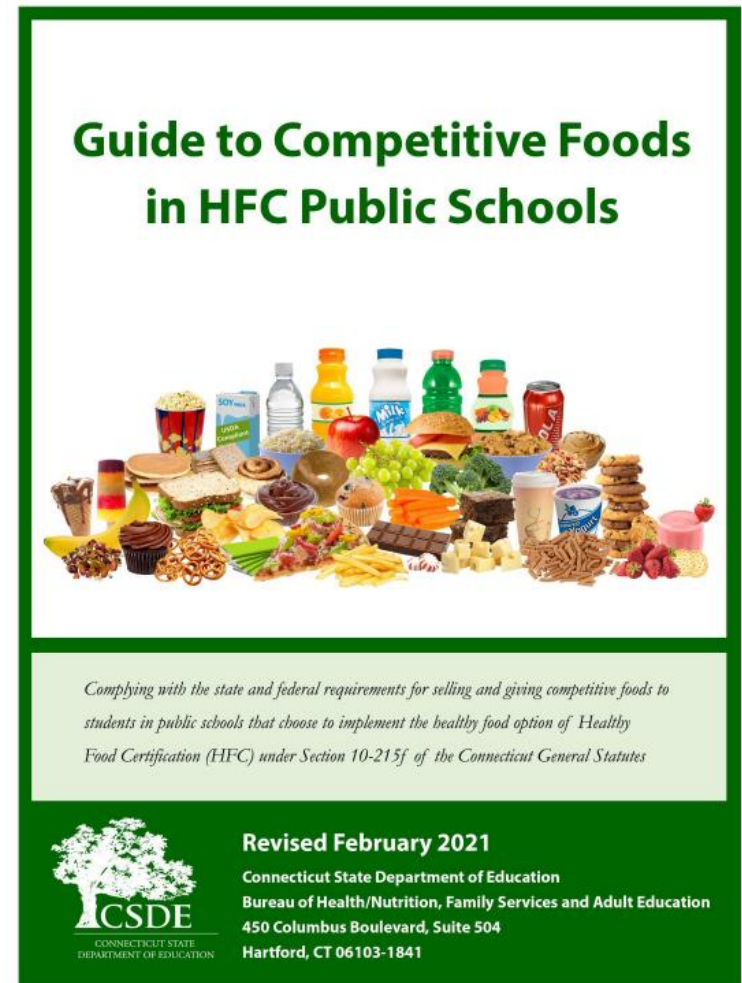
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[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Ensuring\\_District\\_Compliance\\_HFC.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Ensuring_District_Compliance_HFC.pdf)

# CSDE Resource

## Guide to Competitive Foods in HFC Public Schools

- Provides comprehensive guidance on complying with the federal and state requirements for selling and giving competitive foods to students in HFC public schools





# Overview of CNS



[https://www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-215e](https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215e)

# Overview of CNS

- Applies to all grade levels
- Includes general standards and specific nutrient standards
- Provides exemptions for specific nutrient-rich foods
  - fruits and vegetables
  - NSLP/SBP entree items sold on same day





# Overview of CNS

- Based on current nutrition science and national health recommendations
- Promotes increased consumption of nutrient-rich foods
- Limits calories, total fat, saturated fat, trans fat, sodium, and sugars
- Prohibits ingredients with questionable health effects



# Overview of CNS

- Applies to all foods sold to students separately from reimbursable meals (*competitive foods*) in public school districts that choose the healthy food option of Healthy Food Certification (HFC) under CGS Section 10-215f



# Competitive Foods

Any foods and beverages sold to students *anytime* on school premises other than reimbursable meals served through the USDA's school meal programs





# Sources of Competitive Foods

- A la carte sales in the cafeteria
- Vending machines accessible to students
- School stores, kiosks, and other school-based enterprises
- Culinary programs
- Fundraisers
- Any other programs, organizations, and activities selling foods and beverages to students on school premises

# Other Potential Sources of Competitive Foods \*

- Adult education programs operated by the board of education
- Afterschool programs and activities, such as enrichment programs, extracurricular classes, tutoring sessions, and student clubs
- Classroom parties and other celebrations
- Clubs and organizations
- Family and consumer sciences classes
- Family resource centers
- Meetings
- Recipient schools under interschool agreements
- Sports programs and competitions, such as games, matches, and tournaments
- Summer school programs (e.g., enrichment or exploratory) operated by the board of education
- USDA's Afterschool Snack Program (ASP)
- USDA's Seamless Summer Option (SSO) of the NSLP (*only if foods are sold separately from reimbursable meals*)
- USDA's Summer Food Service Program (SFSP) operated by the board of education on school premises (*only if foods are sold separately from reimbursable meals*)
- Vendors on school premises, e.g., food service management companies (FSMCs), food trucks, caterers, online and mobile food delivery companies, and other outside entities that sell foods and beverages to students

**\* This list is not all-inclusive**

For detailed guidance, review the CSDE's *Guide to Competitive Foods in HFC Public Schools* (see slide 12)

# Sale

The exchange of a determined amount of *money or its equivalent* (such as coupons, tickets, tokens, and similar items) for foods and beverages, including

- programs and activities that charge a fee that includes the cost of foods and beverages provided to students
- activities that suggest a student donation in exchange for foods and beverages





# School Premises

All areas of the property *under the jurisdiction* of the local or regional board of education, the regional vocational-technical school system (Connecticut Technical Education and Career System (CTECS)), or the governing authority district or school



# Complying with CNS



# Six CNS Food Categories

1. Snacks
2. Entrees sold only a la carte
3. Non-entree combination foods
4. Cooked grains such as rice, pasta, and quinoa
5. Soups
6. Fruits and vegetables



# Complying with CNS

To be allowed for sale to students, competitive foods must meet

1. At least one of three CNS general standards **AND**
2. All CNS nutrient standards for the specific food category to which they belong





# Three CNS General Standards

The product is a food that

1. is whole grain-rich (WGR)

OR

2. contains a food group as the first ingredient

OR

3. is a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable per serving



# CNS Nutrient Standards

Nutrients	Ingredients
<ul style="list-style-type: none"><li>■ Calories</li><li>■ Total fat</li><li>■ Saturated fat</li><li>■ Trans fat</li><li>■ Sodium</li><li>■ Total sugars</li></ul>	<ul style="list-style-type: none"><li>■ No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols</li><li>■ No chemically altered fat substitutes</li><li>■ No added caffeine</li><li>■ No significant fortification (except naturally nutrient-rich foods based on documented health needs)</li><li>■ No nutrition supplements</li></ul>

# Standards Apply to the Serving

- When evaluating a food, must look at the *actual amount served*, including any added *accompaniments*
- Can use *average portions* to determine nutrition information for self-serve accompaniments, such as ketchup with french fries

## Examples

- Butter
- Margarine
- Oil
- Cream cheese
- Jelly
- Jam
- Mayonnaise
- Ketchup
- Mustard
- Relish
- Salad dressing
- Dipping sauces
- Sauce
- Gravy



# Examples of Foods with Accompaniments

- Bagel with cream cheese
- French fries with ketchup
- Salad with dressing
- Carrots with low-fat ranch dressing
- Vegetable egg roll with duck sauce
- Pasta with butter
- Muffin or roll with margarine or butter
- Black bean soup with sour cream





# Nutrients per Serving: Calories

All foods except entrees	Entrees
≤ 200 calories	≤ 350 calories

# Nutrients per Serving: Fat

All foods	Exemptions
<ul style="list-style-type: none"><li>■ &lt; 10% of calories</li><li>■ No chemically altered fat substitutes</li></ul>	<ul style="list-style-type: none"><li>■ Low-fat or reduced fat 100% natural cheese (including part-skim mozzarella)</li><li>■ Nuts and seeds, including soy nuts and nut/seed butters</li><li>■ Products consisting of only dried fruit with nuts/seeds with no added sweeteners or fats (including chemically altered fat substitutes)</li><li>■ Seafood with no added fat</li><li>■ Whole eggs with no added fat</li></ul>



# Nutrients per Serving: Saturated Fat

All foods	Exemptions
<ul style="list-style-type: none"><li>■ &lt; 10% of calories</li><li>■ No chemically altered fat substitutes</li></ul>	<ul style="list-style-type: none"><li>■ Low-fat or reduced fat 100% natural cheese (including part-skim mozzarella)</li><li>■ Nuts and seeds, including soy nuts and nut/seed butters</li><li>■ Products consisting of only dried fruit with nuts/seeds with no added sweeteners or fats (including chemically altered fat substitutes)</li><li>■ Whole eggs with no added fat</li></ul>



# Fat/Saturated Fat Exemptions

## Not Allowed for

- *Combination foods* such as trail mix (e.g., dried fruit, nuts/seeds, cereal/pretzels)
- Foods containing the exempted foods as an *ingredient*, such as
  - peanut butter cookie
  - pecan cookie
  - peanut butter crackers
  - cheese sauce made with low-fat cheese



# Nutrients per Serving: Trans Fat

## All foods

- Zero (less than 0.5 gram)
- No partially hydrogenated oils \*

\* Read the ingredients statement to be sure that products do not contain partially hydrogenated oils

# Nutrients per Serving: Sugars

**All foods except smoothies, yogurt, and pudding**

- $\leq 35\%$  by weight
- No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols

**Exemptions**

- Dried whole fruits or vegetables
- Dried whole fruit or vegetable pieces
- Dehydrated fruits or vegetables
- Frozen desserts containing only 100% juice/fruit



# Nutrients per Serving: Sugars

## Smoothies

- $\leq 4$  grams of total sugars per ounce
- No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols
- Portion size limit
  - $\leq 8$  fluid ounces for elementary schools
  - $\leq 12$  fluid ounces for middle and high schools



# Nutrients per Serving: Sugars

## Yogurt and pudding

- $\leq 4$  grams of total sugars per ounce
- No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols





# Food Exemptions



[https://www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-215f](https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215f)

# Food Exemptions

- Foods that do not comply with CNS cannot be sold to students unless
  - the board *votes* to allow food exemptions **AND**
  - the food sales meet the *three exemption criteria* (see slide 39)

Food sales (including sales at exempted events) must also comply with additional state requirements (see slides 72-106)

# Three Exemption Criteria for Foods

1. The sale is in connection with an *event* occurring *after* the end of the regular school day or on the weekend



2. The sale is at the *location* of the event
3. The foods are not sold from a vending machine or school store

# Regular School Day

The period from *midnight before to 30 minutes after* the end of the official school day



## Example

- If the school officially ends at 3:00 PM, the school day is from midnight through 3:30 PM
- If the board voted to allow food exemptions, noncompliant foods could be sold at the location of an event held anytime from 3:31 PM through 11:59 PM

# Event

**An occurrence that involves more than just a regularly scheduled practice, meeting, or extracurricular activity**



Event	Not an event
soccer game	soccer practice
high school debate	debating team practice
school play	play rehearsals
school chess match	chess club

# Examples of Events \*

- Awards banquets
- Boy Scout Blue & Gold Dinner
- Craft fairs
- Debate team competitions
- Election day (if school is not in session)
- Family bingo nights
- Field days
- Math team competitions
- Mock trial competitions
- School carnivals
- School concerts
- School dances
- School fairs, e.g., health, science, and math
- Silent auctions
- Sports banquets
- Sports games, tournaments and matches, e.g., basketball, football, soccer, tennis, field hockey, volleyball, and cross country
- Talent shows
- Theatrical productions

\* **This list is not all-inclusive**

Contact the CSDE to determine whether specific district fundraising activities meet the definition of event



# Food Exemptions are Never Allowed for Non-events such as

- Afterschool programs and activities
- Cafeteria a la carte sales
- Classes, e.g., culinary programs, family and consumer sciences
- Fundraisers that are not held at an event
- Meetings
- School stores
- Sports practices
- Vending machines
- Any other programs or activities that are not events

All foods sold from these sources must ***always*** comply with the CNS

## Location

The *same place* where the event is being held

### Example

If a school allows food exemptions, cupcakes could be sold on the side of the baseball field during a baseball game, but cannot be sold in the school cafeteria while a baseball game is being played on the baseball field



# CSDE Resource

## Exemptions for Foods and Beverages in Public Schools

- Summarizes the state requirements and provides guidance and specific motion language for exemptions

### Exemptions for Foods and Beverages in Public Schools

This document summarizes the requirements for allowing food exemptions under Healthy Food Certification (HFC), which are mandated by [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.); and the requirements for allowing beverage exemptions in public schools, which are mandated by C.G.S. [Section 10-221q](#). It also provides motion language for the board of education or governing authority's votes to allow food exemptions and beverage exemptions.

#### Annual HFC Requirements

Each public school sponsor of the National School Lunch Program (NSLP) must complete their annual HFC Statement (Addendum to Agreement for Child Nutrition Programs (ED-099)) by July 1 of each year. The HFC Statement is completed online in the Connecticut State Department of Education's (CSDE) Online Application and Claiming System for Child Nutrition Programs ([CNP System](#)), as part of the sponsor's application module for participation in the U.S. Department of Agriculture's (USDA) Child Nutrition Programs.

The final board-approved meeting minutes must be uploaded with the submission of the annual HFC Statement, and must indicate the results of the board votes for whether they will:

- adopt the healthy food option under HFC; and
- allow food exemptions to the healthy food option under HFC (if the district votes to implement the healthy food option); and
- allow beverage exemptions under C.G.S. Section 10-221q (if the district chooses to allow beverage exemptions).

For detailed guidance on the HFC requirements, review the Connecticut State Department of Education's (CSDE) resources, [Requirements for Competitive Foods in HFC Public Schools](#) and [Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools](#), and visit the CSDE's [Healthy Food Certification](#) webpage. For information on the CNS requirements, review the CSDE's document, [Summary of Connecticut Nutrition Standards](#), and visit the CSDE's [Connecticut Nutrition Standards](#) webpage.

#### Required Exemption Language

The language in the final board-approved meeting minutes must reflect the specific criteria required by C.G.S. Section 10-215f for participating in the healthy food option of HFC and allowing food exemptions. For detailed guidance on the current year's HFC application process, review the [CSDE's annual Operational Memorandum](#) regarding the annual process for submitting the healthy food certification (HFC) statement. For additional information on the HFC application process, visit the ["Apply"](#) section of the CSDE's HFC webpage.

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[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Food\\_Beverage\\_Exemptions\\_Public\\_Schools.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Food_Beverage_Exemptions_Public_Schools.pdf)

# Evaluating Commercial Foods



# Commercial Foods

- Purchased from vendors
- Include
  - *ready-to-eat foods*, e.g., ice cream, chips, crackers, cookies, and muffins
  - foods that the food service operation *heats or bakes*, e.g., canned soup, chicken nuggets, and bake-off frozen cookie dough



# Commercial Foods

- CSDE evaluates commercial products for CNS compliance
- Compliant foods are included on CSDE's List of Acceptable Foods and Beverages webpage





# CSDE Webpage

## List of Acceptable Foods and Beverages

### ■ Lists of brand-specific commercial

- food products that comply with the CNS
- beverages that comply with the state beverage requirements of CGS Section 10-221q

The screenshot shows the CSDE website with the following content:

- Header:** Connecticut's Official State Website, Search Connecticut Government..., Language + Settings
- Breadcrumbs:** CT.gov Home / Education / K-12 Education / Nutrition and Meal Programs / List of Acceptable Foods and Beverages
- Title:** List of Acceptable Foods and Beverages
- Left Sidebar:**
  - Overview (selected)
  - Related Resources
  - Laws/Regulations
  - Contact
- Overview Content:**
  - Overview:** School Nutrition Programs | Program Guidance | Forms | Resources | Nutrition Education Beverage Requirements | CNS | Competitive Foods | HFC
  - Text:** The Connecticut State Department of Education's (CSDE) List of Acceptable Foods and Beverages includes brand-specific lists of commercial food products that comply with the [Connecticut Nutrition Standards \(CNS\)](#) and commercial beverages that comply with the beverage requirements of [Section 10-221q](#) of the Connecticut General Statutes (C.G.S.). These foods and beverages also meet the USDA's [Smart Snacks nutrition standards](#).
  - Text:** Public schools that choose to implement the healthy food option of [Healthy Food Certification \(HFC\)](#) under C.G.S. [Section 10-215f](#) must follow the CNS for all foods sold to students separately from reimbursable meals. The state beverage requirements (C.G.S. Section 10-221q) apply to all public schools, even if they do not choose the healthy food option of HFC or do not participate in the NSLP.
  - Buttons:** List Guidelines | List Updates | List of Acceptable Foods and Beverages
  - List Guidelines:**
    - **Offer nutrient-rich foods:** The CSDE strongly encourages schools to offer a la carte choices that include a variety of minimally processed and naturally nutrient-rich whole foods, such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats, and legumes. Some listed products are not nutrient-rich foods. For example, baked chips are lower in fat than regular chips that do not meet the CNS, but neither product provides significant nutritional value.
    - **Product information:** Only the specific product and serving size listed complies with the CNS or the state beverage statute. When purchasing products, check to be sure they match the exact description, serving size, nutrition information, and UPC code on the list. Product formulations and packaging can change. The information in the lists is based on the package label or manufacturer's information supplied at the time of product review. If the information on the list does not match the product's label or manufacturer's information, please submit the product's information to the CSDE for review prior to purchasing. For more information, see the CSDE's document, [Submitting New Products for Approval](#).

<https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-and-Beverages>

# Evaluating Commercial Foods

- *Before* purchasing, check CSDE's webpage to verify that products are listed
  - Approval of products is specific to the *brand and variety* of food item
  - Must check that each variety is listed
- Submit information to CSDE for new products or products not listed



# CSDE Resource

## Submitting Food and Beverage Products for Approval

- Indicates information required to submit food and beverage products to the CSDE for review of compliance with CNS and state beverage statute

### Submitting Food and Beverage Products for Approval: Connecticut's List of Acceptable Foods and Beverages

The Connecticut State Department of Education (CSDE) [List of Acceptable Foods and Beverages](#) webpage includes commercial food products that meet the [Connecticut Nutrition Standards](#) and commercial beverage products that meet the [state beverage requirements](#) of Section 10-221q of the Connecticut General Statutes and the beverage requirements of the U.S. Department of Agriculture's (USDA) [Smart Snacks nutrition standards](#). The CSDE reviews foods and beverages for compliance with these state and federal nutrition standards.

To submit a commercial food or beverage product to the CSDE for review, provide a PDF of the actual product package, artwork for the product package, or a product specification sheet. The CSDE prefers that the submission includes the **actual product packaging** because it contains the most complete and accurate information.

The product submission must include the following:

1. **Name of manufacturer**, exactly as it appears on the product label.
2. **Name of product**, exactly as it appears on the product label.
3. **Flavor or variety** of product, exactly as it appears on the product label.
4. **Nutrition Facts label**, which must include the following nutrients: calories, total fat, saturated fat, trans fat, sugars, sodium, and fiber.
5. **List of ingredients**, which **must be in a format that can be electronically copied**. Please check the PDF before submitting to ensure that the text can be copied.
6. **Actual package size**, which must list both individual serving size and actual package size. For frozen desserts, the serving size must include both **volume** (fluid ounces) and **weight** (ounces or grams) of one serving of the product.
7. **UPC code** for the **individual package** (12-digit code, i.e., 0-00000-00000-0) and **case** (14-digit code, i.e., 000-00000-00000-0) or the manufacturer product code if the product does not have a UPC code.

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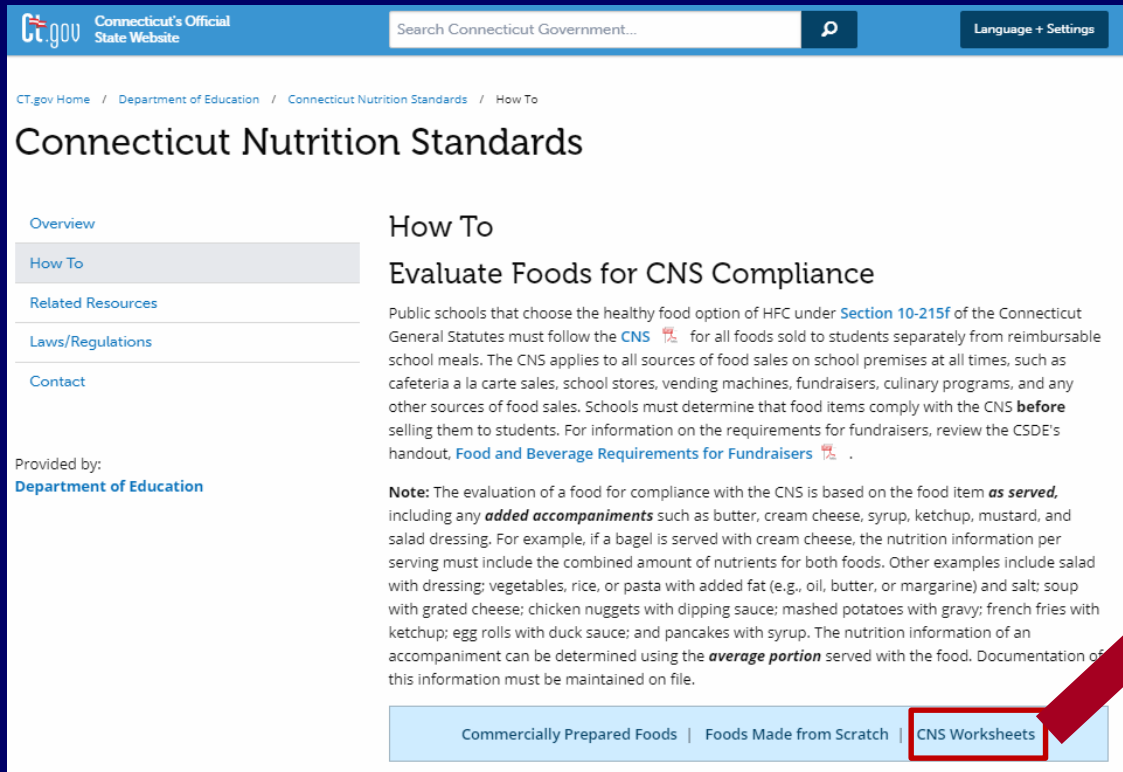
[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/Submitting\\_Food\\_Beverage\\_Products.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/Submitting_Food_Beverage_Products.pdf)

# Avoiding Compliance Issues for Commercial Products

 *Verify that commercial products* comply with CNS *before* selling to students

- Use CSDE's List of Acceptable Foods and Beverage webpage
- For products not listed, submit to CSDE for approval *before* selling
- May choose to screen products for compliance using the CNS worksheets (see slide 53)

# CNS Worksheets for Evaluating Foods



CT.gov Home / Department of Education / Connecticut Nutrition Standards / How To

## Connecticut Nutrition Standards

Overview

How To

Related Resources

Laws/Regulations

Contact

Provided by:  
Department of Education

### How To Evaluate Foods for CNS Compliance

Public schools that choose the healthy food option of HFC under [Section 10-215f](#) of the Connecticut General Statutes must follow the [CNS](#) for all foods sold to students separately from reimbursable school meals. The CNS applies to all sources of food sales on school premises at all times, such as cafeteria a la carte sales, school stores, vending machines, fundraisers, culinary programs, and any other sources of food sales. Schools must determine that food items comply with the CNS **before** selling them to students. For information on the requirements for fundraisers, review the CSDE's handout, [Food and Beverage Requirements for Fundraisers](#).

**Note:** The evaluation of a food for compliance with the CNS is based on the food item **as served**, including any **added accompaniments** such as butter, cream cheese, syrup, ketchup, mustard, and salad dressing. For example, if a bagel is served with cream cheese, the nutrition information per serving must include the combined amount of nutrients for both foods. Other examples include salad with dressing; vegetables, rice, or pasta with added fat (e.g., oil, butter, or margarine) and salt; soup with grated cheese; chicken nuggets with dipping sauce; mashed potatoes with gravy; french fries with ketchup; egg rolls with duck sauce; and pancakes with syrup. The nutrition information of an accompaniment can be determined using the **average portion** served with the food. Documentation of this information must be maintained on file.

Commercially Prepared Foods | Foods Made from Scratch | **CNS Worksheets**

## CNS Worksheets

These worksheets evaluate foods and recipes for CNS compliance.

- [Worksheet 1: Snacks](#) (CSDE)
- [Worksheet 2: Yogurt and Pudding](#) (CSDE)
- [Worksheet 3: Smoothies](#) (CSDE)
- [Worksheet 4: Fruits and Vegetables](#) (CSDE)
- [Worksheet 5: Soups](#) (CSDE)
- [Worksheet 6: Cooked Grains](#) (CSDE)
- [Worksheet 7: Entrees](#) (CSDE)
- [Worksheet 8: Non-entree Combination Foods](#) (CSDE)
- [Worksheet 9: Nutrient Analysis of Recipes](#) (CSDE)
- [Worksheet 10: Evaluating Recipes for Sugars](#) (CSDE)

<https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards/How-To#CNSWorksheets>

# Avoiding Compliance Issues for Commercial Products

- ☑ *Check vendor assurances* of product compliance before purchasing
  - If a vendor indicates the product complies with the CNS, verify using CSDE webpage
- ☑ *Check deliveries* against product orders
- ☑ Train food service staff to *monitor foods in vending machines* stocked by an outside vendor



# CSDE Resource

## How to Evaluate Purchased Foods for Compliance with the CNS

### ■ Overview of requirements and resources for evaluating purchased foods

#### How to Evaluate Purchased Foods for Compliance with the Connecticut Nutrition Standards

Public school districts that choose the healthy food option of Healthy Food Certification (HFC) must ensure that all foods sold to students separately from reimbursable meals meet the [Connecticut Nutrition Standards \(CNS\)](#). The Connecticut State Department of Education's (CSDE) [List of Acceptable Foods and Beverages](#) webpage includes brand-specific lists of commercially prepared food products that comply with the CNS and beverages that comply with the beverage requirements of [Section 10-221q](#) of the Connecticut General Statutes and the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards. HFC schools must use this list to determine which commercial foods and beverages may be sold to students.

#### Reviewing Products

Before purchasing a commercial product that will be sold to students, check that the product is listed on the CSDE's [List of Acceptable Foods and Beverages](#) webpage. CSDE approval of products is specific to the brand and variety of the food or beverage. To ensure compliance with the CNS and state beverage statute, schools must check that the commercial product matches the specific information on the CSDE's list, including the manufacturer name, product name, variety/flavor, serving size, case pack, UPC or product code, and nutrition information per serving.

If a commercial product is not included on the CSDE's List of Acceptable Foods and Beverages webpage, schools must determine that the product complies with the CNS (foods) or state and federal beverage requirements (beverages) before it is sold to students.

#### Submitting Products

For commercial products not listed on the CSDE's [List of Acceptable Foods and Beverages](#) webpage, submit the product information to the CSDE for review. The CSDE's resource, [Submitting Food and Beverage Products for Approval](#), summarizes the information required to submit a commercial product to the CSDE. Please submit all product information by e-mail to [susan.foote@ct.gov](mailto:susan.foote@ct.gov).



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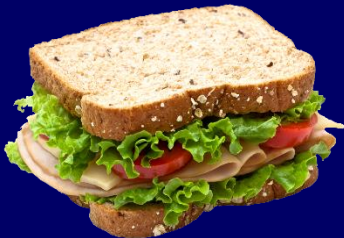
[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Evaluate\\_Purchased\\_Foods\\_CNS.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Evaluate_Purchased_Foods_CNS.pdf)

# Evaluating Foods Made from Scratch



## Foods Made from Scratch

1. Foods *prepared using a recipe*, such as entrees, soups, baked goods, cooked grains (pasta and rice), vegetables, and salad
2. Foods with *ingredients added* after purchasing



# Examples of Foods with Added Ingredients

- Assembling a sandwich
- Making soup from scratch
- Making commercial tomato soup with milk instead of water
- Popping popcorn kernels with oil
- Making cookies or muffins from a mix and adding butter and eggs
- Adding sprinkles to purchased frozen cookie dough
- Making salads with dressing
- Cooking vegetables with oil, margarine, or butter
- Cooking pasta or rice with oil, margarine, or butter

# Avoiding Common Compliance Issues for Foods Made from Scratch

- ☑ Conduct a *nutrient analysis* of the recipe to determine if the serving complies with each CNS standard
  - Must determine that recipe complies with CNS *before* the food is sold to students
  - Remember to review commercial foods that have *added ingredients* after purchasing (see examples on slide 58)

# Avoiding Common Compliance Issues for Foods Made from Scratch

- ☑ **Review** the recipe's nutrient analysis for compliance with **each standard** for the appropriate CNS food category
  - Make sure recipe includes **all** required CNS nutrients, such as trans fat and total sugars
  - If any nutrients are missing, must obtain nutrition information from other sources **before** evaluating the recipe for CNS compliance
  - To calculate sugars, use CNS worksheet 10 (see slide 63)



# Example of Missing Nutrients: USDA Recipes for Schools

## Spice Cake

Desserts

C-16

### Comments:

†To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

### SERVING:

1 piece.

For Enhanced Meal Pattern only: 1 piece provides 1 serving of grains/breads.

### YIELD:

**50 Servings:** 1 sheet pan

**100 Servings:** 2 sheet pans

Edited 2004

### VOLUME:

**50 Servings:** 50 pieces

**100 Servings:** 100 pieces

### Special Tip:

For 50 servings, use 4 oz (1 ½ cups) dried whole eggs and 1 ½ cups water in place of eggs.

For 100 servings, use 8 oz (2 ½ cups) dried whole eggs and 2 ½ cups water in place of eggs.

Missing trans  
fat and sugars

### Nutrients Per Serving

<b>Calories</b>	233	<b>Saturated Fat</b>	2.14 g	<b>Iron</b>	1.30 mg
<b>Protein</b>	3.54 g	<b>Cholesterol</b>	34 mg	<b>Calcium</b>	81 mg
<b>Carbohydrate</b>	36.91 g	<b>Vitamin A</b>	262 IU	<b>Sodium</b>	178 mg
<b>Total Fat</b>	8.42 g	<b>Vitamin C</b>	0.5 mg	<b>Dietary Fiber</b>	1.2 g

<https://theicn.org/icn-resources-a-z/usda-recipes-for-schools/>

# Example of Missing Nutrients: USDA Recipes for Healthy Kids

## Mediterranean Quinoa Salad

Meal Components: Other Vegetable-Grains

Grains B-25r

### Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) provides ¾ cup other vegetable and 1 oz equivalent grains.	50 Servings: about 9 lb	50 Servings: about 1 gallon 2 cups 2 steam table pans
	100 Servings: about 18 lb	100 Servings: about 2 gallons 1 quart 4 steam table pans

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

### Marketing Guide

Food as Purchased for	50 servings	100 servings
Red bell peppers	14 oz	1 lb 12 oz
Green onions	5 oz	10 oz
Red onions	7 oz	14 oz
Cherry tomatoes	1 lb 7 oz	2 lb 14 oz
Parsley	1 ½ oz	3 oz

### Nutrients Per Serving

Calories	165.87	Saturated Fat	1.21 g	Iron	1.85 mg
Protein	6.66 g	Cholesterol	3.03 mg	Calcium	42.30 mg
Carbohydrate	22.66 g	Vitamin A	414.48 IU	Sodium	278.10 mg
Total Fat	5.62 g	(24.27 RAE)		Dietary Fiber	2.67 g
		Vitamin C	12.38 mg		

Missing trans  
fat and sugars



<https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-schools>

# CSDE Resource

## CNS Worksheet 10: Evaluating Recipes for Sugars

- Excel worksheet that calculates total sugars per serving of a recipe

[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNS\\_worksheet10\\_Evaluate\\_Recipes\\_Sugars.xlsx](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNS_worksheet10_Evaluate_Recipes_Sugars.xlsx)

### Worksheet 10: Evaluating Recipes for Sugars

If a recipe contains added sugars or ingredients that contain naturally occurring sugars, the school must calculate the total amount of sugars per recipe serving. Using nutrient analysis software is the most accurate method for determining the nutrition information per serving. If a recipe's nutrition information per serving does not list total sugars, this information must be calculated manually using this worksheet.

Before calculating the recipe's sugar content, check to be sure that the recipe meets all other CNS requirements for the appropriate food category. For more information on the CNS requirements, see the Connecticut State Department of Education's (CSDE) document below.

- [Summary of Connecticut Nutrition Standards](#)

If the recipe does not meet each standard, it **cannot** be sold to students separately from reimbursable meals. Schools may be able to adjust the recipe's sugar content and reanalyze the revised recipe to determine if it meets the CNS.

**Note:** You will need to know the cooked **weight (ounces)** of the recipe serving before using this worksheet. The serving weight is required in step 6 to determine if the recipe meets the CNS for percentage of sugars by weight. If the recipe does not provide this information, you will need to calculate the average **weight (ounces)** of the serving, based on the prepared food (i.e., cooked, not raw). The average serving weight is determined by weighing several portions of the prepared recipe (see step 3). For more information, see the CSDE's handout below.

- [Yield Study Data Form](#)

For step 2, you will need to know the **weight (ounces)** of each sugar ingredient. Ingredients listed only by **measure** (e.g., cup, quart) must first be converted to **ounces** using the appropriate conversion factor for each type of sugar. Weighing the actual amount of each sugar ingredient provides the most accurate information. Table 1 indicates the weight per cup for some common sugar ingredients.

Ingredient	Cups per pound	Weight per cup *	
		pounds	ounces
Brown sugar, firmly packed	2	0.5	8.0
Brown sugar, lightly packed	3	0.3	5.3
Corn syrup	1½	0.7	10.7
Granulated sugar (white sugar)	2½	0.4	7.1
Honey	1½	0.8	12.0
Maple syrup	1½	0.7	10.7
Molasses	1½	0.8	12.0
Powdered sugar, sifted	¾	0.3	4.3
Powdered sugar, unsifted	¾	0.3	4.9

\* One pound equals 16 ounces.

If the recipe lists the sugar ingredients only in ounces, enter pounds below to convert to ounces.

0.00 pounds = 0.00 ounces

# How to Conduct Nutrient Analysis of Recipes

1. Obtain or develop a *standardized recipe* specifying the specific quantity of each ingredient used
2. Obtain *nutrition information* for each ingredient in the recipe (see slide 65 for resources)



# Resources for Nutrition Information

- Nutrition Facts labels for recipe ingredients
- USDA FoodData Central Nutrient Database: <https://fdc.nal.usda.gov/>
- Nutrient analysis software programs
- For more resources, see “Nutrient Analysis” in the CSDE’s *Menu Planning and Food Production* list:  
<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesMenuPlanning.pdf>



# How to Conduct Nutrient Analysis of Recipes

3. Determine the nutrition information for *one serving* of the recipe using worksheet 9 (see slide 67)





# CSD E Resource

## CNS Worksheet 9: Nutrient Analysis of Recipes

- Excel worksheet that calculates the nutrition information per serving of a recipe

CNS Worksheet 9: Page 1 of 4

**Worksheet 9: Nutrient Analysis of Recipes**

Use Nutrition Facts labels and the U.S. Department of Agriculture's (USDA) FoodData Central nutrient database to obtain nutrition information for specific foods and ingredients in recipes. For information and guidance on nutrient analysis, see "Nutrient Analysis" in the Connecticut State Department of Education's (CSDE) resources below.

- [Guidance on Evaluating School Recipes for Compliance](#)
- [USDA's FoodData Central](#)
- [Menu Planning and Food Production Resource List](#)

**Instructions:** Enter information in the blue boxes. The yellow boxes will calculate automatically. Keep completed worksheets on file for Healthy Food Certification (HFC) documentation and the Administrative Review of school nutrition programs. The CSDE recommends maintaining completed worksheets electronically in a folder on the computer.

School district:  Recipe number:

Recipe name:  Date reviewed:

**Part 1: Ingredients and Nutrition Information**

**1** Review the recipe's ingredients and amounts. Complete all information in table 1 on page 2, following the example below.

- **Column 1:** List each ingredient. Include a specific description of the type, form, and pack of the food, as applicable. For example, all-purpose enriched flour, sifted; eggs, large; strawberries, raw, sliced; brown sugar, light, packed; margarine, trans fat free; and sliced peaches, canned, in juice. **Note:** Match each recipe ingredient as closely as possible to the ingredient in the database to ensure an accurate analysis.
- **Column 2:** For each ingredient listed in column 1, enter the amount (e.g., cups, quarts, tablespoons, and number) or weight (e.g., pounds and ounces) used in the recipe.
- **Columns 3-9:** Enter the nutrition information for each ingredient based on the recipe amount (column 2). Be sure to calculate the nutrition information for each ingredient based on the actual recipe amount. For example, if the recipe specifies 2 cups of whole-wheat flour but the Nutrition Facts label lists the nutrition information for 1/4 cup, the amount of each nutrient must be multiplied by 8 to determine the total amount in the recipe. For assistance with recipe calculations, such as converting fractions to decimals, review the resources below.
  - [Basics at a Glance Portion Control Poster](#) (Institute of Child Nutrition (ICN))
  - [Table 8: Decimal Equivalents for Fractions of a Unit](#) ("Introduction" section, USDA's Food Buying Guide for Child Nutrition Programs)

**Note:** The table below is an example and cannot be edited. Proceed to table 1 on page 2 to enter the recipe's ingredients.

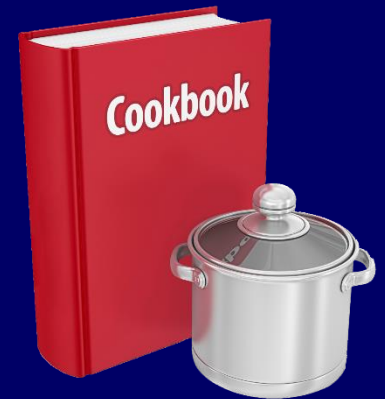
Sample Completed Table 1: Recipe Ingredients and Nutrition Information								
Column 1	Column 2	Column 3	Column 4	Column 5	Column 6	Column 7	Column 8	Column 9
Ingredient and description	Amount (e.g., cups, quarts, number) or weight (e.g., pounds, ounces)	Calories	Fat (g)	Saturated fat (g)	Trans fat (g)	Sodium (mg)	Dietary fiber (g)	Sugars (g)
All-purpose flour, enriched	2 cups	455.00	1.22	0.19	0.00	2.50	3.38	0.34
Whole-wheat flour	1 1/2 cups	89.90	0.50	0.10	0.00	3.00	3.00	0.19
Sugar, granulated	1 cup	724.00	0.60	0.00	0.00	0.00	0.00	188.00
Baking powder	1 Tbsp. 2 tsp.	0.00	0.00	0.00	0.00	60.00	0.00	0.00
Salt	1 tsp	0.00	0.00	0.00	0.00	590.00	0.00	0.00
Low-fat milk	1 1/2 cups	110.00	2.50	3.75	0.00	134.00	0.00	18.00
Fresh large eggs	2 each	70.00	5.00	10.00	0.00	70.00	0.00	0.00
Vegetable oil, canola	2/3 cup	120.00	14.00	149.33	0.00	0.00	0.00	0.00
Frozen blueberries, thawed	1 1/2 cups	79.00	0.99	1.49	0.00	1.55	4.18	19.65
Totals per recipe:		1647.90	24.81	164.86	0.00	858.05	10.56	226.18

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[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNS\\_worksheet9\\_Nutrient\\_Analysis\\_Recipes.xlsx](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNS_worksheet9_Nutrient_Analysis_Recipes.xlsx)

# How to Conduct a Nutrient Analysis of Recipes

4. Enter the recipe's nutrition information per serving into the CSDE's *CNS worksheet* for the appropriate CNS food category (worksheets 1-8)



# CNS Worksheets for Evaluating Foods

CT.gov Home / Department of Education / Connecticut Nutrition Standards / How To

## Connecticut Nutrition Standards

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Provided by:  
Department of Education

### How To Evaluate Foods for CNS Compliance

Public schools that choose the healthy food option of HFC under [Section 10-215f](#) of the Connecticut General Statutes must follow the [CNS](#) for all foods sold to students separately from reimbursable school meals. The CNS applies to all sources of food sales on school premises at all times, such as cafeteria a la carte sales, school stores, vending machines, fundraisers, culinary programs, and any other sources of food sales. Schools must determine that food items comply with the CNS **before** selling them to students. For information on the requirements for fundraisers, review the CSDE's handout, [Food and Beverage Requirements for Fundraisers](#).

**Note:** The evaluation of a food for compliance with the CNS is based on the food item **as served**, including any **added accompaniments** such as butter, cream cheese, syrup, ketchup, mustard, and salad dressing. For example, if a bagel is served with cream cheese, the nutrition information per serving must include the combined amount of nutrients for both foods. Other examples include salad with dressing; vegetables, rice, or pasta with added fat (e.g., oil, butter, or margarine) and salt; soup with grated cheese; chicken nuggets with dipping sauce; mashed potatoes with gravy; french fries with ketchup; egg rolls with duck sauce; and pancakes with syrup. The nutrition information of an accompaniment can be determined using the **average portion** served with the food. Documentation of this information must be maintained on file.

Commercially Prepared Foods | Foods Made from Scratch | **CNS Worksheets**

## CNS Worksheets

These worksheets evaluate foods and recipes for CNS compliance.

- [Worksheet 1: Snacks](#) (CSDE)
- [Worksheet 2: Yogurt and Pudding](#) (CSDE)
- [Worksheet 3: Smoothies](#) (CSDE)
- [Worksheet 4: Fruits and Vegetables](#) (CSDE)
- [Worksheet 5: Soups](#) (CSDE)
- [Worksheet 6: Cooked Grains](#) (CSDE)
- [Worksheet 7: Entrees](#) (CSDE)
- [Worksheet 8: Non-entree Combination Foods](#) (CSDE)
- [Worksheet 9: Nutrient Analysis of Recipes](#) (CSDE)
- [Worksheet 10: Evaluating Recipes for Sugars](#) (CSDE)

<https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards/How-To#CNSWorksheets>

# CSDE Resource

## Guidance on Evaluating Recipes for Compliance with the CNS

- Includes specific steps and resources for conducting a nutrient analysis of recipes

### Guidance on Evaluating Recipes for Compliance with the Connecticut Nutrition Standards

Districts that choose the healthy food option of Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes must comply with the Connecticut Nutrition Standards (CNS) for all foods sold to students on school premises, separately from reimbursable meals in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). The CNS applies to all sources of food sales to students, including commercial products and recipes for foods made from scratch. Examples of sources of food sales include a la carte sales in the cafeteria, culinary arts programs, family and consumer sciences classes, bake sales, fundraisers, afterschool programs, and any other sales of foods to students.

This document addresses the requirements and steps to determine if recipes comply with the CNS. For information on HFC, review the Connecticut State Department of Education's (CSDE) resources, *Requirements for Competitive Foods in HFC Public Schools, Summary Chart; Federal and State Requirements for Competitive Foods in HFC Public Schools*, and *Guide to Competitive Foods in HFC Public Schools*; and visit the CSDE's Healthy Food Certification webpage. For information on the CNS requirements, review the CSDE's resource, *Summary of Connecticut Nutrition Standards*, and visit the CSDE's [CNS](#) webpage.

#### How to Determine if Recipes Comply with the CNS

Before selling any foods made from recipes to students, schools must document that the recipe's serving complies with the CNS. A recipe does not comply with the CNS unless it meets each nutrition standard for the appropriate CNS food category. Schools must have standardized recipes on file indicating the nutrition information per serving for calories, fat, saturated fat, trans fat, sodium, and sugars. If the recipe is missing this information, schools must conduct a nutrient analysis of the recipe. To document CNS compliance, schools must have standardized recipes with nutrition information for the two categories of foods below.

#### Foods prepared from scratch using a standardized recipe

Examples of foods in this category include entrees *sold only a la carte* (i.e., not as part of reimbursable meals), e.g., pizza, chef's salad, and chicken nuggets; soups; cooked grains such as rice and pasta with added fat (e.g., oil, margarine, or butter) and salt; cooked vegetables with added fat (e.g., oil, margarine, or butter) and salt; salad with dressing; fruit smoothies; and baked goods such as muffins and cookies. Recipes for these foods must provide the nutrition information per serving.

Nutrition information is not required for entrees that sold a la carte during the same meal service on the same day that they are planned and served as part of reimbursable school meals. These entrees are exempt from the CNS and may be sold a la carte during the meal service if they are the same or smaller portion size as the NSLP and SBP; have the same accompaniments; meet the trans fat

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# CSDE Resource

## How to Evaluate Foods Made from Scratch for Compliance with the CNS

### ■ Overview of requirements and resources for evaluating foods made from scratch

#### How to Evaluate Foods Made from Scratch for Compliance with the Connecticut Nutrition Standards

Public school districts that choose the healthy food option of Healthy Food Certification (HFC) must ensure that all foods sold to students separately from reimbursable meals meet the [Connecticut Nutrition Standards \(CNS\)](#). Before selling any foods made from scratch to students, schools must document that the recipe's serving complies with the CNS.

#### Foods that Require Standardized Recipes

Schools must have standardized recipes on file that indicate the nutrition information per serving for calories, fat, saturated fat, trans fat, sodium, and sugars. Recipes with nutrition information are required for the two categories of foods below.

- **Foods prepared from scratch using a recipe:** Examples include entrees sold only a la carte (such as pizza, chef's salad, and chicken nuggets); soups; cooked grains such as rice and pasta with added fat (e.g., oil, margarine, or butter) and salt; cooked vegetables with added fat (e.g., oil, margarine, or butter) and salt; salad with dressing; fruit smoothies; and baked goods such as muffins and cookies. Recipes for these foods must provide the nutrition information per serving.
- **Foods that have additional ingredients added after purchasing:** Examples include popping popcorn kernels in oil; assembling a sandwich; making muffins from a mix and adding butter and eggs; adding sprinkles to commercial frozen cookie dough; making salads with dressing, and cooking vegetables, rice, and pasta with oil, margarine, or butter. Schools must create a recipe for these foods based on the specific amount of each ingredient, and then conduct a nutrient analysis to determine the nutrition information per serving.



If the nutrition information per serving is missing, schools must conduct a nutrient analysis of the recipe.

The Connecticut State Department of Education's (CSDE) resource, [Guidance on Evaluating Recipes for Compliance with the Connecticut Nutrition Standards](#), summarizes the requirements and steps for conducting a nutrient analysis of recipes.

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[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Evaluate\\_Scratch\\_Foods\\_CNS\\_Compliance.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Evaluate_Scratch_Foods_CNS_Compliance.pdf)

# Other Requirements for Foods and Beverages





# Other Requirements for Foods and Beverages

- **CGS Section 10-221q:** Connecticut's beverage statute for public schools (see slides 75-83)
- **Regulations of Connecticut State Agencies**
  - Section 10-215b-1: *Competitive Foods* (see slides 84-97)
  - Section 10-215b-23: *Accrual of Income* (see slides 98-103)
- **CGS Section 10-221p:** Connecticut's statute requiring public schools to sell nutritious and low-fat foods whenever foods are sold to students during the school day (see slides 104-106)

# CSDE Resource

## Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools

- Summarizes state and federal laws for selling and giving competitive foods to students in HFC public schools
- Includes charts of how state and federal laws apply to different sources of food and beverage sales

Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools

Table 2. Does the regulation or statute apply?							
Source of foods and beverages	Nutrition Standards				Sales to Students		
	CNS and HFC (C.G.S. Sections 10-215e and 10-215f)	Beverages (C.G.S. Section 10-221q)	USDA Smart Snacks food standards (81 FR 50131)	USDA Smart Snacks beverage standards (81 FR 50131)	Nutritious and low-fat foods (C.G.S. Section 10-221p)	State Competitive Foods Regulations	
						Candy, coffee, tea, and soft drinks (Section 10-215b-1)	Accrual of income (Section 10-215b-23)
<b>S16: Fundraisers during the school day</b> (conducted by school groups or non-school groups) that sell foods and beverages to students on school premises (including orders), sell tickets that can be exchanged for foods and beverages, or request a suggested donation in exchange for foods and beverages. <sup>1, 2</sup>	Yes, applies at all times <sup>3</sup>	Yes, applies at all times <sup>3, 4</sup>	Not applicable: Superseded by the stricter requirements of the CNS and HFC.	Yes, applies to all beverages sold to students on school premises during the school day. <sup>4</sup> For example, if school ends at 3:00 p.m., Smart Snacks applies to all beverages sold to students through 3:30 p.m.	Yes, applies to all foods sold to students on school premises during the school day. Low-fat dairy products and fresh or dried fruit must be sold at the location of the fundraiser or elsewhere on school premises at the same time. If fundraiser foods are pre-ordered and distributed to students on school premises during the school day, the nutritious low-fat foods specified in the statute must be available for purchase when students pick up the fundraiser foods.	Yes, but superseded by the stricter requirements of the CNS, HFC, and state beverage statute. Fundraisers on school premises during the school day can never sell candy, coffee, tea, and soft drinks to students. In addition, Section 10-215b-1 prohibits giving and distributing candy, coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs.	Yes, if sales occur on school premises from 30 minutes before up through 30 minutes after any CNPs. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m., the nonprofit food service account must receive the fundraiser's income (including fees, ticket sales, and donations) from all foods and beverages sold to students anywhere on school premises from 11:00 a.m. to 1:30 p.m.

<sup>1</sup> "Fundraisers" are any activities during which money or its equivalent (such as tickets, coupons, tokens, and similar items) is exchanged for the purchase of a product in support of the school or school-related activities; including any activities that suggest a student donation in exchange for foods and beverages. For more information, review the CSDE's resource, [Requirements for Food and Beverage Fundraisers in HFC Public Schools](#).

<sup>2</sup> The CSDE strongly encourages schools to promote consistent health messages to students by fundraising with nonfood items or healthy foods. For more information, review the CSDE's resource, [Healthy Fundraising](#).

<sup>3</sup> Fundraisers during the school day are ineligible for exemptions because they are not events; they must always comply with the CNS and state beverage statute.

<sup>4</sup> Beverages sold to students in public schools must comply with the Smart Snacks beverage standards and any stricter requirements of the state beverage statute. For more information, review the CSDE's resource, [Allowable Beverages in Connecticut Public Schools](#), and visit the CSDE's [Beverage Requirements](#) webpage.

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[https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Summary\\_Chart\\_Requirements\\_Competitive\\_Foods\\_HFC.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Summary_Chart_Requirements_Competitive_Foods_HFC.pdf)

# CGS Section 10-221q: Beverages



[https://www.cga.ct.gov/current/pub/chap\\_170.htm#sec\\_10-221q](https://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221q)

# CGS Section 10-221q: Beverages

- Applies to all beverages sold to students on school premises from all sources including
  - beverages sold *as part of* school meals
  - beverages sold *separately* from school meals
- Five allowable beverage categories \*
  1. Milk
  2. 100 percent juice
  3. Nondairy milk substitutes such as soy milk
  4. Beverage containing only water and 100 percent juice
  5. Water

\* These beverages must meet specific restrictions for each category (see *Allowable Beverages in Connecticut Public Schools* on slide 77)

# CSDE Resource

## Allowable Beverages for Connecticut Public Schools

- Identifies the state and federal requirements for beverages sold to students in public schools
- Provides examples of allowable and unallowable beverages

### Allowable Beverages in Connecticut Public Schools

The requirements for beverages sold to students in Connecticut public schools are governed by [Section 10-221q](#) of the Connecticut General Statutes (C.G.S.) and the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards in the final rule, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HHS of 2010*.

- "Sales" means the exchange of a determined amount of money or its equivalent (such as coupons, tickets, tokens, and similar items) for foods and beverages. Sales also include programs and activities that charge a fee that includes the cost of foods and beverages provided to students, and activities that suggest a student donation in exchange for foods and beverages. Under Connecticut's statutes and regulations for competitive foods, sales include coupons and similar items that are given to students (such as food rewards), and can be exchanged for foods and beverages.
- "Public schools" include regional educational service centers, the Connecticut Technical High School System (Connecticut Technical Education and Career System), charter schools, interdistrict magnet schools, and endowed academies.



All beverages sold to students in Connecticut public schools must comply with the beverage requirements of C.G.S. Section 10-221q. In addition, beverages sold to students during the school day in Connecticut public schools that participate in the National School Lunch Program (NSLP) must also comply with the USDA's Smart Snacks beverage standards. When the federal and state requirements differ, the stricter requirements apply.

The state beverage statute applies to beverages sold to students at all times, both as part of and separately from school meals, anywhere on school premises, such as cafeterias, vending machines, school stores, fundraisers, and culinary programs. The state beverage statute applies to all Connecticut public schools, even if they do not choose the healthy food option of HFC under C.G.S. [Section 10-215f](#) or do not participate in the USDA Child Nutrition Programs.

#### Beverage Categories

Table 1 lists the five categories of beverages allowed by C.G.S. Section 10-221q for sale to students in Connecticut public schools. The beverage requirements include the stricter provisions of the Connecticut and USDA's Smart Snacks beverage standards.

Portion sizes of allowable beverages cannot exceed 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools, except for plain water (with or without carbonation), which is unlimited. Flavored carbonated water (such as sparkling water and seltzer) is allowed only for high schools, and is limited to 12 fluid ounces.

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[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/Submitting\\_Food\\_Beverage\\_Products.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/Submitting_Food_Beverage_Products.pdf)

# Beverage Exemptions

- Not part of the annual HFC Statement, which applies only to foods
- Board must vote *separately* to allow sale to students of any beverages that do not comply with CGS Section 10-221q
  - CSDE recommends voting on beverage exemptions at the *same time* as the annual HFC Statement

[https://www.cga.ct.gov/current/pub/chap\\_170.htm#sec\\_10-221q](https://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221q)



# Beverage Exemptions

- Beverages that do not comply with CGS Section 10-221q cannot be sold to students on school premises unless
  - the board *votes* to allow beverage exemptions **AND**
  - the beverage sales meet the *three exemption criteria* (see slide 80)

Beverage sales (including sales at exempted events) must also comply with additional state requirements (see slides 84-103)

# Three Exemption Criteria for Beverages

1. The sale is in connection with an *event* occurring *after* the end of the regular school day or on the weekend



2. The sale is at the *location* of the event
3. The beverages are not sold from a vending machine or school store

# Beverage Exemptions Never Allowed for Non-events such as

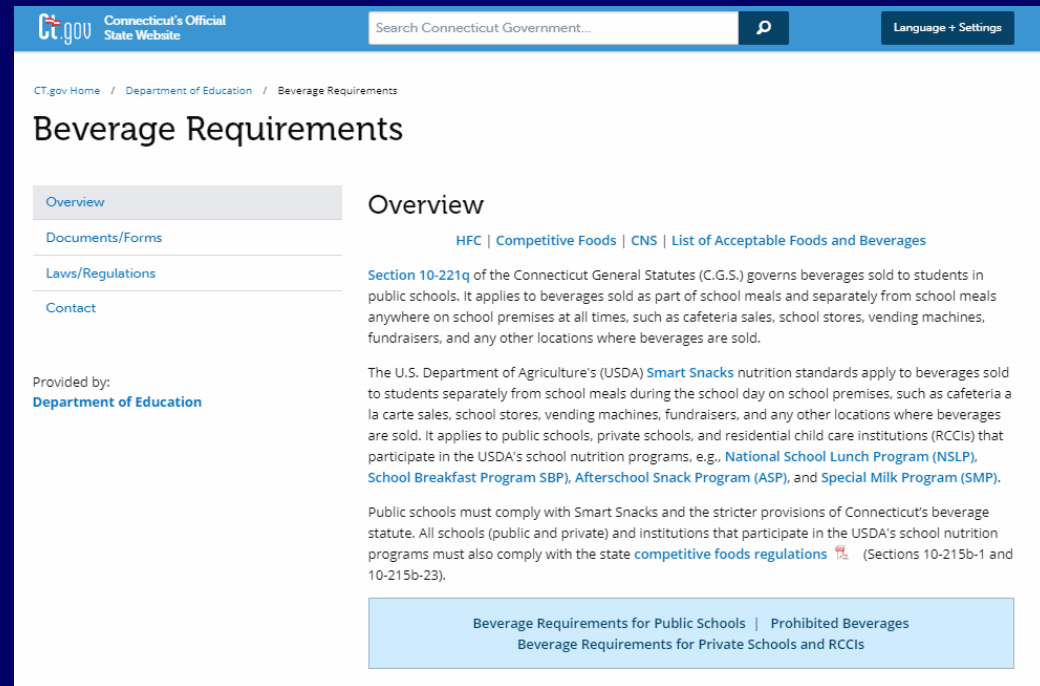
- Afterschool programs and activities
- Cafeteria a la carte sales
- Classes, e.g., culinary programs, family and consumer sciences
- Fundraisers that are not held at an event
- Meetings
- School stores
- Sports practices
- Vending machines
- Any other programs or activities that are not events

All beverages sold from these sources must **always** comply with the state beverage statute

# CSDE Webpage

## Beverage Requirements

- Requirements for public schools
- Requirements for private schools and residential child care institutions
- Prohibited beverages
- Resources



The screenshot shows the official Connecticut State Website for the Department of Education's Beverage Requirements page. The header includes the CT.gov logo, the text 'Connecticut's Official State Website', a search bar, and a 'Language + Settings' button. The breadcrumb trail reads 'CT.gov Home / Department of Education / Beverage Requirements'. The main title is 'Beverage Requirements'. A left sidebar contains links for 'Overview' (highlighted), 'Documents/Forms', 'Laws/Regulations', and 'Contact'. Below the sidebar, it states 'Provided by: Department of Education'. The main content area is titled 'Overview' and includes links for 'HFC | Competitive Foods | CNS | List of Acceptable Foods and Beverages'. The text explains that Section 10-221q of the Connecticut General Statutes governs beverages sold to students, distinguishing between school meals and separately sold items like cafeteria sales, vending machines, and fundraisers. It also mentions that the USDA's 'Smart Snacks' nutrition standards apply to beverages sold separately from school meals. A list of programs including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP), and Special Milk Program (SMP) is provided. A final paragraph states that public schools must comply with Smart Snacks and the state's beverage statute, while private schools and residential child care institutions must also follow competitive foods regulations. At the bottom, a light blue box contains links for 'Beverage Requirements for Public Schools | Prohibited Beverages' and 'Beverage Requirements for Private Schools and RCCIs'.

<http://portal.ct.gov/SDE/Nutrition/Beverage-Requirements>

# CSDE Resource

## Presentation: Beverage Requirements for Connecticut Public Schools

- Overview of beverage requirements
- Exemption criteria
- Allowable beverages
- Prohibited beverages
- Resources



[https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Beverage\\_Requirements\\_Connecticut\\_Public\\_Schools\\_Presentation.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Beverage_Requirements_Connecticut_Public_Schools_Presentation.pdf)

# Section 10-215b-1 of State Regulations: Competitive Foods





# State Statutes and Regulations

## Sometimes Supersede Each Other

- Depending on when USDA's Child Nutrition Programs (CNP) operate
  - the CNS and state beverage statute (CGS Section 10-221q) may supersede Section 10-215b-1 of the state competitive foods regulations
  - OR
  - Section 10-215b-1 of the state competitive foods regulations may supersede the CNS and state beverage statute

### USDA Child Nutrition Programs

- National School Lunch Program (NSLP)
- School Breakfast Program (SBP)
- Afterschool Snack Program (ASP) of the NSLP
- Seamless Summer Option (SSO) of the NSLP
- Special Milk Program (SMP)
- Fresh Fruit and Vegetable Program (FFVP)
- Child and Adult Care Food Program (CACFP) At-risk Afterschool Meals operated in schools
- Summer Food Service Program (SFSP) operated in schools

# Regulations of State Agencies

## Section 10-215b-1: *Competitive foods*

- Prohibits *selling* and *dispensing* candy, coffee, tea, and soft drinks to students anywhere on school premises from *30 minutes before up through 30 minutes after* the operation of any CNPs
  - *Dispensing* means to give, provide, or distribute foods and beverages to students, e.g., food rewards and classroom parties



HFC and state  
beverage  
statute are  
stricter

# Candy in HFC Public Schools

- HFC *supersedes* Section 10-215b-1's timeframe for candy sales (30 minutes before up through 30 minutes after the operation of any CNPs) because HFC applies at *all times*
- Candy does not meet the CNS



# Candy in HFC Public Schools



- Candy cannot be *sold* to students anywhere on school premises unless
  - the board of education has voted to allow food exemptions **AND**
  - the sales are at the location of an event held after the school day or on the weekend **AND**
  - the event does not occur while any CNPs are operating

# Candy in HFC Public Schools



- Section 10-215b-1 of state regulations *supersedes* the food exemptions allowed under HFC if the event occurs *while any CNPs are operating*
  - Candy cannot be *sold* to students at an exempted event on school premises that occurs while any CNPs are operating
  - Candy cannot be *given* to students anywhere on school premises (including exempted events) while any CNPs are operating

# How Section 10-215b-1 Applies to Candy

## Example 1

- If the Afterschool Snack Program (ASP) operates from 4:30 to 5:30 PM
  - a concession stand located at an event on school premises cannot *sell* candy to students from 4:00 to 6:00 PM
  - an afterschool program on school premises cannot *sell or give* candy to students from 4:00 to 6:00 PM





# How Section 10-215b-1 Applies to Candy

## Example 2

- If the School Breakfast Program (SBP) operates from 7:00 AM to 8:00 AM and the National School Lunch Program (NSLP) operates from 11:30 AM to 1:00 PM
  - a classroom party cannot *give* candy to students from 6:30 AM to 8:30 AM and 11:00 AM to 1:30 PM
  - teachers cannot *give* candy to students as food rewards from 6:30 AM to 8:30 AM and 11:00 AM to 1:30 PM



# Coffee, Tea and Soft Drinks in HFC Public Schools



- The state beverage statute *supersedes* Section 10-215b-1's timeframe for sales of coffee, tea, and soft drinks (30 minutes before up through 30 minutes after the operation of any CNPs) because the state beverage statute applies at *all times*
- Coffee, tea, and soft drinks do not comply with CGS Section 10-221q

# Coffee, Tea and Soft Drinks in HFC Public Schools



- Coffee, tea, and soft drinks cannot be **sold** to students anywhere on school premises unless
  - the board of education has voted to allow beverage exemptions **AND**
  - the sales are at the location of an event held after the school day or on the weekend **AND**
  - the event does not occur while any CNPs are operating

## Soft drinks

Beverages (with or without carbonation) that contain water and/or juice and added sweeteners (including nutritive sweeteners and artificial or natural nonnutritive sweeteners), and may also contain other ingredients such as edible acids, natural or artificial flavors and colors, and added nutrients

### Examples

- **Soda** (regular and diet)
- **Sports drinks** (regular, low-calorie, and zero calorie)
- **Sweetened beverages** (with or without carbonation) that are not 100 percent juice (such as lemonade and fruit punch drinks)
- **Flavored water with added sweeteners** (with or without carbonation)

# Coffee, Tea and Soft Drinks in HFC Public Schools



- Section 10-215b-1 of state regulations *supersedes* the beverage exemptions allowed under the state beverage if the event occurs *while any CNPs are operating*
  - Coffee, tea, and soft drinks cannot be *sold* to students at an exempted event on school premises that occurs while any CNPs are operating
  - Coffee, tea, and soft drinks cannot be *given* to students anywhere on school premises (including exempted events) while any CNPs are operating

# How Section 10-215b-1 Applies to Coffee, Tea and Soft Drinks



## Example 1

- If the ASP operates from 4:30 to 5:30 PM
  - a concession stand located at an event on school premises cannot **sell** coffee, tea, and soft drinks to students from 4:00 to 6:00 PM
  - an afterschool program on school premises cannot **sell or give** coffee, tea, and soft drinks to students from 4:00 to 6:00 PM

# How Section 10-215b-1 Applies to Coffee, Tea and Soft Drinks



## Example 2

- If the SBP operates from 7:00 AM to 8:00 AM and the NSLP operates from 11:30 AM to 1:00 PM
  - a classroom party cannot *give* coffee, tea, and soft drinks to students from 6:30 AM to 8:30 AM and 11:00 AM to 1:30 PM
  - teachers cannot *give* coffee, tea, and soft drinks to students as food rewards from 6:30 AM to 8:30 AM and 11:00 AM to 1:30 PM



# Section 10-215b-23 of State Regulations: Accrual of Income



# Regulations of State Agencies

## Section 10-215b-23: *Accrual of Income*

- Any income (gross income) from the sale of foods and beverages to students anywhere on school premises from *30 minutes before until 30 minutes after* any state or federally subsidized CNP must accrue to the *school food service program*



# Example: How Section 10-215b-23 Applies

- If the SBP operates from 7:00 AM to 8:00 AM, the NSLP operates from 11:30 AM to 1:00 PM, and the ASP operates from 3:30 PM to 4:30 PM, the nonprofit food service account must receive the *income from all foods and beverages sold to students anywhere on school premises* from 6:30 AM to 8:30 AM, 11:00 AM to 1:30 PM, and 3:00 PM to 5:00 PM
- Includes income from sales of foods and beverages at *exempted events* held after the school day *while any CNPs are operating*

# Example: How Section 10-215b-23 Applies to Vending Machines

- The school's *vending machine contract* specifies that the school food service department receives *20 percent* of total vending sales
- The vending machine operates from 30 minutes before up through 30 minutes after the NSLP
- The school food service department must receive *100 percent* of the total vending sales (gross income) during this time, not the 20 percent specified in vending machine contract



# CSDE Resource

## Overview of Connecticut's Competitive Foods Regulations

- Guidance on complying with Sections 10-215b-1 (competitive foods) and 10-215b-23 (accrual of income) of the Regulations of Connecticut State Agencies

### Overview of Connecticut's Competitive Foods Regulations

This guidance applies to schools and institutions that participate in the U.S. Department of Agriculture's (USDA) Child Nutrition Programs (CNPs), including the [National School Lunch Program \(NSLP\)](#), [School Breakfast Program \(SBP\)](#), [Afterschool Snack Program \(ASP\)](#) of the NSLP, [Seamless Summer Option \(SSO\)](#) of the NSLP, [Special Milk Program \(SMP\)](#), [Fresh Fruit and Vegetable Program \(FFVP\)](#), [Child and Adult Care Food Program \(CACFP\)](#) At-risk Afterschool Meals operated in schools, and [Summer Food Service Program \(SFSF\)](#) operated in schools.

Note: Residential child care institutions (RCCIs) may be eligible to participate in the ASP if they operate an afterschool care program with enrichment or education activities that meet the criteria for ASP participation. RCCIs may be eligible to serve At-risk Afterschool Meals if they have non-residential care programs and these programs offer afterschool education and enrichment programs for nonresidential children.



Effective August 25, 1992, Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies address restrictions for sale and dispensing competitive foods to students on school premises and the accrual of income from competitive foods.


- "Competitive foods" are all foods and beverages available for sale to students on school premises separately from reimbursable meals and snacks in the CNPs.
  - The USDA's Smart Snacks nutrition standards address sales of competitive foods during the school day, which is the period from the midnight before to 30 minutes after the end of the official school day.
  - The state competitive foods regulations address sales of competitive foods from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. They also restrict giving certain foods and beverages to students during this time.
  - The Connecticut General Statutes (C.G.S.) for Healthy Food Certification (HFC) (C.G.S. Section 10-215f) and allowable beverages (C.G.S. Section 10-221g) address sales of competitive foods at all times, except for sales that meet specific exemption criteria (refer to "[Food exemptions for HFC public schools](#)" and "[Beverage exemptions for HFC public schools](#)" in this document).
- "Sales" means the exchange of a determined amount of money or its equivalent (such as coupons, tickets, tokens, and similar items) for foods and beverages. Sales also include programs and activities that charge a fee that includes the cost of foods and beverages provided to students, and activities that suggest a student donation in exchange for foods and beverages.

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[https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Overview\\_CT\\_Competitive\\_Foods\\_Regulations.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Overview_CT_Competitive_Foods_Regulations.pdf)

# CSDE Operational Memorandum

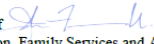
## CSDE Operational Memorandum No. 1-18: *Accrual of Income from Sales of Competitive Foods in Schools*



STATE OF CONNECTICUT  
DEPARTMENT OF EDUCATION



TO: Sponsors of the School Child Nutrition Programs

FROM: John D. Frassinelli, Chief   
Bureau of Health/Nutrition, Family Services and Adult Education

DATE: October 18, 2017

SUBJECT: **Operational Memorandum No. 1-18**  
Accrual of Income from Sales of Competitive Foods in Schools

The Connecticut State Department of Education (CSDE) has recently observed numerous compliance issues with competitive foods in schools. This memo serves as a reminder of the state requirements for the accrual of income from the sales of food items in schools, as legislated by [Section 10-215b-23 of the Regulations of Connecticut State Agencies](#). Section 10-215b-23 requires that the income from any sales of competitive foods to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any school nutrition programs must accrue to the nonprofit food service account. This regulation applies to all Connecticut public schools, private schools, and residential child care institutions (RCCIs) that participate in the United States Department of Agriculture (USDA) school nutrition programs.

- "Income" means gross income.
- "Competitive foods" means all foods and beverages available for sale to students on school premises separately from reimbursable school meals, e.g., fundraisers, vending machines (including those operated by a contractor), school stores, culinary programs, and any other sources of food and beverage sales to students that occur on school premises.
- "Sales" means the exchange of foods and beverages for a determined amount of money or its equivalent, such as tickets, coupons, tokens, and similar items. Sales also include any activities that suggest a student donation in exchange for foods and beverages.
- "School premises" means all areas of the property under the jurisdiction of the local or regional board of education, the regional vocational-technical school system, or the governing authority district or school.
- "Nonprofit food service account" means the restricted account in which all of the revenue from all food service operations conducted by the school food authority principally for the benefit of school children is retained and used only for the operation or improvement of the nonprofit school food service. This account shall include, as appropriate, non-Federal funds used to support paid lunches as provided in 7 CFR 210.14(e), and proceeds from nonprogram foods as provided in 7 CFR 210.14(f).

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# CGS Section 10-221p: Nutritious Low-fat Foods



[https://www.cga.ct.gov/current/pub/chap\\_170.htm#sec\\_10-221p](https://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221p)



# CGS Section 10-221p: Nutritious Low-fat Foods

- When foods are available for *purchase* by students during the school day, nutritious and low-fat foods must also be available for sale at the same *location* or *elsewhere on school premises* at the same time
- When pre-purchased foods are *distributed* to students at school during the school day, nutritious and low-fat foods must be *available for purchase* at the *same time* that students *pick up* the foods
- Applies to *all public schools* regardless of whether they participate in the NSLP or HFC

# Nutritious Low-fat Foods

Low-fat dairy products  
and fresh or dried fruit



- Examples of *low-fat dairy products* include low-fat or nonfat yogurt, cheese, and cottage cheese
- Low-fat milk is a beverage and cannot be used to meet the statutory requirements

# Quiz: Test Your HFC IQ



# Does CNS apply to

**1. Reimbursable meals sold in the National School Lunch Program (NSLP) and School Breakfast Program (SBP)**

☐ Yes   ☐ No



# Does CNS apply to

Answer

1. Reimbursable meals sold in the National School Lunch Program (NSLP) and School Breakfast Program (SBP)



☐ Yes ☒ No

CNS applies only to food sold  
*separately* from reimbursable meals

# Does CNS apply to

2. Food sales to students *outside* of reimbursable school meals in the NSLP and SBP

☐ Yes ☐ No



# Does CNS apply to

Answer

## 2. Food sales to students *outside* of reimbursable school meals in the NSLP and SBP

☒ **Yes**   ☐ **No**

Foods must comply with the CNS unless

- the board has voted to allow exemptions **AND**
- the sales comply with the exemption criteria (see slides 37-45) **AND**
- the sales comply with other applicable state requirements (see slides 84-106)



# Does CNS apply to

## 3. Cafeteria a la carte sales to students

☐ Yes ☐ No



# Does CNS apply to

Answer

## 3. Cafeteria a la carte sales to students

☒ Yes ☐ No

- Foods sold a la carte in the cafeteria must *always* meet the CNS
- Cafeteria a la carte sales are not events and are not eligible for exemptions



# Does CNS apply to

## 4. Foods sold to students from vending machines

☐ Yes ☐ No



# Does CNS apply to

Answer

## 4. Foods sold to students from vending machines

☒ Yes ☐ No

- Foods sold in vending machines must *always* meet the CNS
- CGS Section 10-215f (HFC) specifically prohibits exemptions for vending machines



# CSDE Resource

## Requirements for Foods and Beverages in Vending Machines in HFC Public Schools

- Summarizes the federal and state requirements for selling and giving foods and beverages to students from vending machines on school premises

### Requirements for Foods and Beverages in Vending Machines in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving foods and beverages to students from vending machines on school premises in Connecticut public schools that:

- participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP); and
- choose to implement the healthy food option of Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.).



For guidance on how the federal and state requirements apply to different sources of foods and beverages in HFC public schools, review the Connecticut State Department of Education's (CSDE) resources, [Requirements for Competitive Foods in HFC Public Schools](#) and [Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools](#). The CSDE's [Guide to Competitive Foods in HFC Public Schools](#) provides detailed guidance on the requirements for competitive foods in HFC public schools. For more information on HFC, visit the CSDE's [HFC](#) webpage.

### Overview of Federal and State Requirements

All foods available for sale to students from vending machines on school premises must comply with the [Connecticut Nutrition Standards](#) (CNS). All beverages available for sale to students from vending machines on school premises must comply with the state beverage statute ([C.G.S. Section 10-221q](#)). In addition, all beverages available for sale to students on school premises during the school day must comply with the USDA's Smart Snacks nutrition standards ([81 FR 50131](#)).

Only the Smart Snacks beverage standards apply to HFC public schools. The food standards do not apply because the state HFC statute ([C.G.S. Section 10-215f](#)) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, review the CSDE's resource, [Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards](#).

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# Does CNS apply to

## 5. Foods sold to students from school stores

☐ Yes ☐ No



# Does CNS apply to

Answer

## 5. Foods sold to students from school stores

☒ Yes ☐ No

- Foods sold in school stores must *always* meet the CNS
- CGS Section 10-215f (HFC) specifically prohibits exemptions for school stores





# CSDE Resource

## Requirements for Foods and Beverages in School Stores in HFC Public Schools

- Summarizes the federal and state requirements for selling and giving foods and beverages to students from school stores on school premises

### Requirements for Foods and Beverages in School Stores in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving foods and beverages to students from school stores, kiosks, and other school-based enterprises on school premises in Connecticut public schools that:

- participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP); and
- choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.).



For guidance on how the federal and state requirements apply to different sources of foods and beverages in HFC public schools, review the Connecticut State Department of Education's (CSDE) resources, *Requirements for Competitive Foods in HFC Public Schools* and *Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools*. The CSDE's *Guide to Competitive Foods in HFC Public Schools* provides detailed guidance on the requirements for competitive foods in HFC public schools. For more information on HFC, visit the CSDE's HFC webpage.

### Overview of Federal and State Requirements

All foods available for sale to students from school stores in HFC public schools must comply with the *Connecticut Nutrition Standards* (CNS). All beverages available for sale to students from school stores on school premises must comply with the state beverage statute (C.G.S. Section 10-221q). In addition, all beverages available for sale to students on school premises during the school day must comply with the USDA's Smart Snacks nutrition standards (81 FR 50131).

Only the Smart Snacks beverage standards apply to HFC public schools. The food standards do not apply because the state HFC statute (C.G.S. Section 10-215f) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, review the CSDE's resource, *Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards*.

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# Does CNS apply to

6. Foods sold to students from fundraisers held on school premises and *sponsored by school groups*, e.g., school organizations, clubs, and other activities

☐ Yes ☐ No



# Does CNS apply to

Answer

6. Foods sold to students from fundraisers held on school premises and *sponsored by school groups*, e.g., school organizations, clubs, and other activities



☒ Yes ☐ No

Fundraisers must meet the CNS unless

- the board has voted to allow exemptions **AND**
- the sales comply with the exemption criteria (see slides 37-45) **AND**
- the sales comply with other applicable state requirements (see slides 84-106)

# Does CNS apply to

7. Foods sold to students from fundraisers held on school premises and *sponsored by groups outside the school district*

☐ Yes ☐ No



# Does CNS apply to

Answer

7. Foods sold to students from fundraisers held on school premises and *sponsored by groups outside the school district*



☒ Yes ☐ No

Fundraisers must meet the CNS unless

- the board has voted to allow exemptions **AND**
- the sales comply with the exemption criteria (see slides 37-45) **AND**
- the sales comply with other applicable state requirements (see slides 84-106)

# Does CNS apply to

8. Foods sold to students from fundraisers held at locations *off school premises*, e.g., town hall, community center, or supermarket

☐ Yes ☐ No

# Does CNS apply to

Answer

8. Foods sold to students from fundraisers held at locations *off school premises*, e.g., town hall, community center, or supermarket

☐ Yes ☒ No

CNS applies only to sales to students *on school premises*



# CSDE Resource

## Requirements for Food and Beverage Fundraisers in HFC Public Schools

- Summarizes the federal and state requirements for selling foods and beverages to students from fundraisers on school premises

### Requirements for Food and Beverage Fundraisers in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving foods and beverages to students from fundraisers in Connecticut public schools that:

- participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP); and
- choose to implement the healthy food option of Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.).

For guidance on how the federal and state requirements apply to different sources of foods and beverages in HFC public schools, review the Connecticut State Department of Education's (CSDE) resources, [Requirements for Competitive Foods in HFC Public Schools](#) and [Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools](#). The CSDE's [Guide to Competitive Foods in HFC Public Schools](#) provides detailed guidance on the requirements for competitive foods in HFC public schools. For information on HFC, visit the CSDE's [HFC](#) webpage.



Fundraisers are any activities during which money or its equivalent (such as coupons, tickets, tokens, and similar items) is exchanged for the purchase of a product in support of the school or school-related activities. This includes any activities that suggest a student donation in exchange for foods and beverages, since funds may be raised as a result.

Examples of food and beverage fundraisers include sales of commercial products, such as potato chips and other snack foods, candy bars, cookies, muffins, frozen cookie dough, pies, water, and soft drinks; and sales of foods and beverages made from scratch, such as baked goods, popcorn, sandwiches, smoothies, coffee, and hot chocolate.



The CSDE strongly encourages schools to promote consistent health messages to students by selling healthy foods or conducting nonfood fundraisers. The CSDE's resource, [Healthy Fundraising](#), provides suggestions for fundraising with nonfood items and activities.

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# CSDE Resource

## Presentation: HFC Fundraiser Requirements

- Overview of HFC
- Other Requirements for Fundraisers
- Allowable Fundraisers
- Quiz: Test Your Fundraiser Knowledge
- Resources



[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Fundraiser\\_Requirements\\_HFC\\_Presentation.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Fundraiser_Requirements_HFC_Presentation.pdf)

# Does CNS apply to

9. Family and consumer sciences classes that sell foods to students

☐ Yes ☐ No



# Test Your HFC IQ

Answer

9. Family and consumer sciences classes that sell foods to students

☒ Yes ☐ No

Classes are not events and are not eligible for exemptions



# Does CNS apply to

10. Family and consumer sciences classes that give foods to students

☐ Yes ☐ No



# Does CNS apply to

Answer

10. Family and consumer sciences classes that give foods to students



☐ Yes ☒ No

CNS applies only to *sales* to students

- See slides 132-133 for definition of “give”
- Section 10-215b-1 of state regulations requires additional restrictions for candy (see slides 84-91)

# Give

**Foods and beverages are provided free of any charge, contribution, or suggested donations **AND** without the exchange of tickets, coupons, tokens, and similar items to obtain foods and beverages**



# Given = Meeting Four Conditions

1. Students do not *purchase* foods and beverages
2. Students do not *exchange* coupons, tickets, tokens, and similar items for foods and beverages (either purchased or given, such as food rewards)
3. Programs and activities that charge a fee *do not include the cost* of foods and beverages provided to students
4. Fundraisers do not give foods and beverages to students *in exchange for a suggested donation*



# Does CNS apply to

**11. Family and consumer sciences classes that sell foods to adults**

☐ Yes   ☐ No



# Does CNS apply to

Answer

11. Family and consumer sciences classes that sell foods to adults



☐ Yes ☒ No

CNS applies only to sales to *students*

# Does CNS apply to

12. Culinary arts programs  
that sell foods to students

☐ Yes ☐ No



# Does CNS apply to

Answer

12. Culinary arts programs that sell foods to students

☒ Yes ☐ No

Culinary programs are not events and are not eligible for exemptions



# Does CNS apply to

13. Culinary arts programs  
that give foods to students

☐ Yes ☐ No



# Does CNS apply to

Answer

## 13. Culinary arts programs that give foods to students

☐ Yes ☒ No



CNS applies only to *sales* to students

- See slides 132-133 for definition of “give”
- Section 10-215b-1 of state regulations requires additional restrictions for candy (see slides 84-91)



# Does CNS apply to

14. Culinary arts programs  
that sell foods to adults

☐ Yes ☐ No



# Does CNS apply to

Answer

14. Culinary arts programs  
that sell foods to adults

☐ Yes ☒ No



CNS applies only to sales to *students*

# CSDE Resource

## Requirements for Foods and Beverages in Culinary Programs in HFC Public Schools

- Summarizes the federal and state requirements for selling and giving foods and beverages to students from culinary programs on school premises

### Requirements for Foods and Beverages in Culinary Programs in HFC Public Schools

This document summarizes the federal and state requirements for culinary programs that sell or give foods and beverages to students on school premises in Connecticut public schools that:

- participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP); and
- choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.).

For guidance on how the federal and state requirements apply to different sources of foods and beverages in HFC public schools, review the Connecticut State Department of Education's (CSDE) resources, *Requirements for Competitive Foods in HFC Public Schools* and *Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools*. The CSDE's *Guide to Competitive Foods in HFC Public Schools* provides detailed guidance on the requirements for competitive foods in HFC public schools. For more information on HFC, visit the CSDE's HFC webpage.



### Overview of Federal and State Requirements

All foods available for sale to students from culinary programs on school premises must comply with the *Connecticut Nutrition Standards (CNS)*. All beverages available for sale to students from culinary programs on school premises must comply with the state beverage statute (*C.G.S. Section 10-221q*). In addition, beverages sold to students on school premises during the school day must comply with the USDA's Smart Snacks nutrition standards (81 FR 50131).

Only the Smart Snacks beverage standards apply to HFC public schools. The food standards do not apply because the state HFC statute (*C.G.S. Section 10-215f*) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, review the CSDE's resource, *Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards*.

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# Does CNS apply to

15. Family resource centers  
that sell foods to students

☐ Yes ☐ No



# Does CNS apply to

Answer

## 15. Family resource centers that sell foods to students

☒ Yes ☐ No

Family resources centers are not events and are not eligible for exemptions



# Does CNS apply to

**16. Family resource centers  
that give foods to students**

☐ Yes ☐ No

# Does CNS apply to

Answer

## 16. Family resource centers that give foods to students

☐ Yes ☒ No

CNS applies only to *sales* to students

- See slides 132-133 for definition of “give”
- Section 10-215b-1 of state regulations requires additional restrictions for candy (see slides 84-91)



# Does CNS apply to

17. Foods sold to students from summer school programs (e.g., enrichment or exploratory programs) *operated by the school district*

☐ Yes ☐ No

# Does CNS apply to

Answer

17. Foods sold to students from summer school programs (e.g., enrichment or exploratory programs) *operated by the school district*

☒ Yes ☐ No

- Summer school programs are not events and are not eligible for exemptions
- A summer school program operated by the school district is part of the regular school day

# Does CNS apply to

18. Summer school programs (e.g., enrichment or exploratory programs) *operated by an outside organization* (not the school district) that sell foods to students

☐ Yes ☐ No

# Does CNS apply to

Answer

18. Summer school programs (e.g., enrichment or exploratory programs) *operated by an outside organization* (not the school district) that sell foods to students

☒ Yes ☐ No

Summer school programs are not events and are not eligible for exemptions

# Does CNS apply to

**19. Recipient sites under interschool agreements that sell foods to student**

☐ Yes ☐ No

# Does CNS apply to

Answer

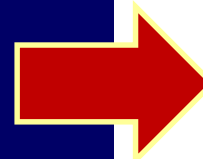
## 19. Recipient sites under interschool agreements that sell foods to student

☒ Yes ☐ No

- If the recipient site has chosen to implement HFC, which is indicated on the interschool agreement (see slide 153)
- Foods must comply with the CNS unless the board has voted to allow exemptions and the sales are at the location of an event held after the school day or on the weekend (see slides 37-45)

# CSDE Form

## CSDE's Full Service Interschool Agreement Form (between providing sponsor and recipient site)



**Full-service Interschool Agreement Form**

Note: Section 3 is for PUBLIC SCHOOLS only. Private schools and nonprofit organizations must skip to section 4 (see page 8).

**Section 3 – Healthy Food Certification (HFC)**

The recipient site can participate in the healthy food option of HFC only if the providing sponsor has certified with the CSDE to comply with the healthy food option of HFC under Section 10-215f of the Connecticut General Statutes. Participation in HFC allows the providing sponsor to receive additional state funding for reimbursable lunches served at the recipient site. Eligible recipient sites include public schools, regional educational service centers, vocational-technical schools, charter schools, magnet schools, and endowed academies. **Private schools are not eligible for HFC.**

**Part A: Certification Statement**

Pursuant to Section 10-215f of the Connecticut General Statutes, the recipient site's governing body certifies that during the period of July 1, 2020, through June 30, 2021, all food items offered for sale to students (**check one**):

- ☐ will comply with the [Connecticut Nutrition Standards \(CNS\)](#).  
(Complete parts B, C, and D in this section.
- ☐ will not comply with the CNS.  
(Skip to section 4 on page 5. Do not complete parts B, C, and D in this section.

This certification includes all food items offered for sale to students separately from reimbursable meals at all times and from all sources, including but not limited to, school stores, vending machines, school cafeterias, any fundraising activities on school premises sponsored by the school or by non-school organizations and groups, and all foods served in the ASP. This certification does not apply to the sale of foods that meet the exemption criteria in part B (Exemption Statement) of this section (see page 7).

\_\_\_\_\_  
Print name of recipient site's representative

\_\_\_\_\_  
Signature of recipient site's representative

\_\_\_\_\_  
Title of recipient site's representative

\_\_\_\_\_  
Date

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# Does CNS apply to

**20. Afterschool enrichment programs or other afterschool programs that charge a fee for students to participate and the fee includes the cost of food**

☐ Yes   ☐ No

# Does CNS apply to

Answer

**20. Afterschool enrichment programs or other afterschool programs that charge a fee for students to participate and the fee includes the cost of food**

☒ **Yes**   ☐ **No**

- Afterschool programs are not events and are not eligible for exemptions
- Charging a fee that includes the cost of food is the same as selling food (see slide 20)

# Does CNS apply to

## 21. USDA's Afterschool Snack Program (ASP)

☐ Yes   ☐ No



# Does CNS apply to

Answer

## 21. USDA's Afterschool Snack Program (ASP)

☒ Yes   ☐ No

All snack menu items must comply with the ASP meal pattern and the CNS



<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPmealpatternK12.pdf>

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPmealpatternpreschool.pdf>

# Does CNS apply to

**22. Adult education programs operated by the board of education on school premises**

☐ Yes ☐ No

# Does CNS apply to

Answer

**22. Adult education programs operated by the board of education on school premises**

☒ **Yes** ☐ **No**

- If the food sales are under the control of the board of education
- The HFC statute applies to all “students” on school premises

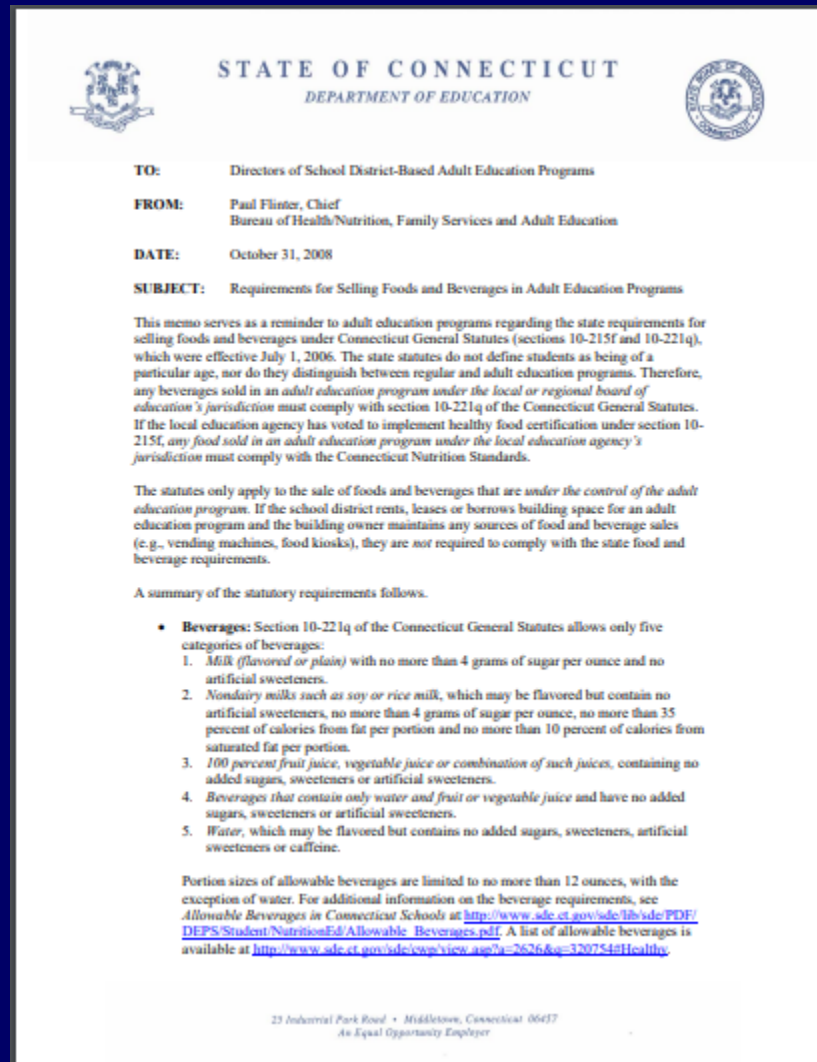
# Adult Education Programs (Under Board of Education's Jurisdiction)

- HFC statute does not set an age limit for students
- HFC statute does not distinguish between regular and adult education programs
- HFC applies only to foods *under the control* of the adult education program
- HFC does *not* apply if district rents, leases, or borrows building space for an adult education program and the *building owner maintains any sources of food sales* (e.g., vending machines and food kiosks)



# CSDE Operational Memorandum

## Requirements for Selling Foods and Beverages in Adult Education Programs (October 31, 2008)



<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/AdultEdHFC.pdf>

# Does CNS apply to

23. Food sales to adults, e.g., snack machine in teachers' lounge or special meals or special a la carte items in the cafeteria

☐ Yes ☐ No



# Does CNS apply to

Answer

23. Food sales to adults, e.g., snack machine in teachers' lounge or special meals or special a la carte items in the cafeteria

☐ Yes ☒ No

CNS applies only to sales to *students*



# Does CNS apply to

24. Classroom parties that collect a fee to cover the cost of foods provided to students

☐ Yes ☐ No



# Does CNS apply to

Answer

24. Classroom parties that collect a fee to cover the cost of foods provided to students



☒ Yes ☐ No

- Classroom parties during the school day are not eligible for exemptions
- Charging a fee that includes the cost of food is the same as selling food (see slide 20)

## Does CNS apply to

**25. Classroom parties where food provided to students is donated by people or groups, e.g., parents, clubs, or school administration**

☐ Yes   ☐ No

# Does CNS apply to

Answer

25. Classroom parties where food provided to students is donated by people or groups, e.g., parents, clubs, or school administration

☐ Yes ☒ No

CNS applies only to *sales* to students

Section 10-215b-1 of state regulations requires additional restrictions for giving candy to students (see slides 84-91)

# Does CNS apply to

26. Food rewards that give students coupons, tickets, tokens, or similar items that are redeemable for food

☐ Yes ☐ No





# Does CNS apply to

Answer

26. Food rewards that give students coupons, tickets, tokens, or similar items that are redeemable for food



☒ Yes ☐ No

“Sales” are the exchange of a determined amount of *money or its equivalent*, such as coupons, tickets, tokens, and similar items (see slide 20)

Section 10-215b-1 of state regulations requires additional restrictions for giving candy to students (see slides 84-91)

# Does CNS apply to

27. Meetings that sell foods to students

☐ Yes ☐ No



# Does CNS apply to

Answer

27. Meetings that sell foods to students

☒ Yes ☐ No

Meetings are not events and are not eligible for exemptions



# Does CNS apply to

28. Sports team practices that *give* foods to students

☐ Yes ☐ No



# Does CNS apply to

Answer

28. Sports team practices that *give* foods to students

☐ Yes ☒ No



CNS applies only to *sales* to students

- See slides 132-133 for definition of “give”
- Section 10-215b-1 of state regulations requires additional restrictions for giving candy to students (see slides 84-91)

# Does CNS apply to

29. Programs that charge a fee for student participation and the fee includes the cost of foods provided to students, e.g., sports teams, afterschool programs, and student clubs

☐ Yes ☐ No



# Does CNS apply to

Answer

29. Programs that charge a fee for student participation and the fee includes the cost of foods provided to students, e.g., sports teams, afterschool programs, and student clubs



☒ Yes ☐ No

- Programs are not events and are not eligible for exemptions
- Charging a fee that includes the cost of food is the same as selling food (see slide 20)

# Does CNS apply to

30. Coupons, tickets, tokens, or similar items that are redeemable for foods on school premises

☐ Yes ☐ No





# Does CNS apply to

Answer

30. Coupons, tickets, tokens, or similar items that are redeemable for foods on school premises



☒ Yes ☐ No

“Sales” are the exchange of a determined amount of *money or its equivalent*, such as coupons, tickets, tokens, and similar items (see slide 20)

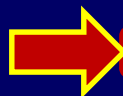
# More Resources



# CSDE Webpage

## Healthy Food Certification: Related Resources

- Adult education programs
- Competitive foods
- Fundraisers
- HFC overview
- School stores
- Vending machines



Connecticut's Official State Website

Search Connecticut Government...

Language + Settings

CT.gov Home / Department of Education / K-12 Education / Nutrition / Healthy Food Certification (HFC) / Related Resources

### Healthy Food Certification (HFC)

- Overview
- Eligibility
- Apply
- Documents/Forms
- Related Resources**
- Laws/Regulations
- FAQs
- Contact

Provided by:  
Department of Education

#### Related Resources

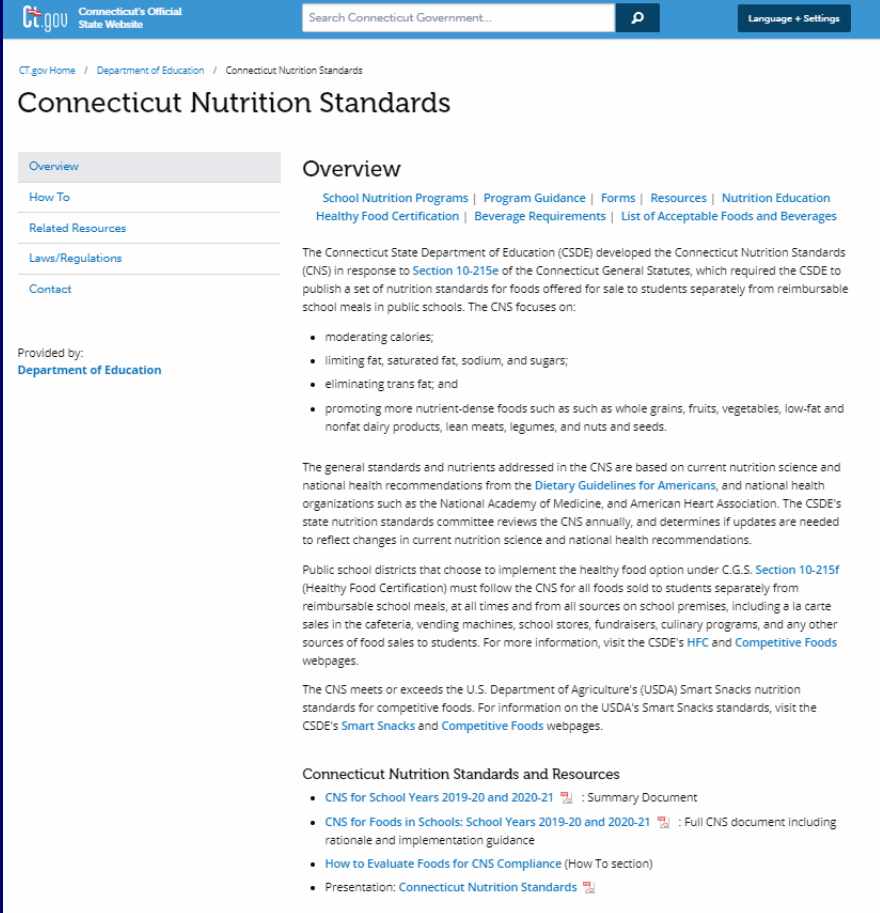
- **Adult Education**
  - [Requirements for Selling Foods and Beverages in Adult Education Programs](#) (CSDE)
- **Beverages**
  - [Allowable Beverages for Connecticut Public Schools](#) (CSDE)
  - [Beverage Requirements](#) (CSDE webpage)
  - Presentation: [Beverage Requirements for Connecticut Public Schools](#) (CSDE)
- **Competitive Food in Schools**
  - [Competitive Food in Schools](#) (CSDE webpage)
  - Connecticut Competitive Foods Regulations
    - [CSDE Operational Memorandum No. 1-18](#) : Accrual of Income from Sales of Competitive Foods in Schools
    - [Overview of Connecticut Competitive Foods Regulations](#) (CSDE)
    - [Regulations of Connecticut State Agencies](#) (Sections 10-215b-1 and 10-215b-23)
- **Connecticut Nutrition Standards**
  - [Connecticut Nutrition Standards](#) (CSDE webpage)
  - [Evaluating Foods for Compliance](#) "How To" section of CSDE's CNS webpage)
  - [Guidance on Evaluating Recipes for Compliance with the CNS](#) (CSDE)
  - [How to Evaluate Foods Made from Scratch for Compliance with the CNS](#) (CSDE)
  - [How to Evaluate Purchased Foods for Compliance with the CNS](#) (CSDE)
  - Presentation: [Connecticut Nutrition Standards](#) (CSDE)

<https://portal.ct.gov/SDE/Nutrition/Healthy-Food-Certification/Related-Resources>

# CSDE Webpage

## Connecticut Nutrition Standards

- CNS summary
- Full CNS document
- Guidance on how to evaluate foods for CNS compliance
- CNS worksheets
- CNS resources



The screenshot shows the official Connecticut State Website for the Department of Education's Connecticut Nutrition Standards. The page has a blue header with the CT.gov logo, a search bar, and a language/settings menu. The breadcrumb trail reads: CT.gov Home / Department of Education / Connecticut Nutrition Standards. The main heading is "Connecticut Nutrition Standards". On the left, there is a sidebar with a "Overview" section highlighted, and links for "How To", "Related Resources", "Laws/Regulations", and "Contact". Below the sidebar, it says "Provided by: Department of Education". The main content area has an "Overview" section with a list of links: "School Nutrition Programs", "Program Guidance", "Forms", "Resources", "Nutrition Education", "Healthy Food Certification", "Beverage Requirements", and "List of Acceptable Foods and Beverages". The text explains that the CSDE developed the standards in response to Section 10-215e of the Connecticut General Statutes. It lists the focus areas: moderating calories; limiting fat, saturated fat, sodium, and sugars; eliminating trans fat; and promoting more nutrient-dense foods. It also mentions that the standards are based on current nutrition science and national health recommendations from the Dietary Guidelines for Americans and the American Heart Association. The page notes that public school districts must follow the standards for reimbursable meals and competitive foods. At the bottom, there is a section titled "Connecticut Nutrition Standards and Resources" with links to the summary document, the full CNS document, the evaluation guidance, and the presentation.

Connecticut's Official State Website

Search Connecticut Government...

Language + Settings

CT.gov Home / Department of Education / Connecticut Nutrition Standards

### Connecticut Nutrition Standards

Overview

How To

Related Resources

Laws/Regulations

Contact

Provided by:  
Department of Education

#### Overview

[School Nutrition Programs](#) | [Program Guidance](#) | [Forms](#) | [Resources](#) | [Nutrition Education](#) | [Healthy Food Certification](#) | [Beverage Requirements](#) | [List of Acceptable Foods and Beverages](#)

The Connecticut State Department of Education (CSDE) developed the Connecticut Nutrition Standards (CNS) in response to [Section 10-215e](#) of the Connecticut General Statutes, which required the CSDE to publish a set of nutrition standards for foods offered for sale to students separately from reimbursable school meals in public schools. The CNS focuses on:

- moderating calories;
- limiting fat, saturated fat, sodium, and sugars;
- eliminating trans fat; and
- promoting more nutrient-dense foods such as whole grains, fruits, vegetables, low-fat and nonfat dairy products, lean meats, legumes, and nuts and seeds.

The general standards and nutrients addressed in the CNS are based on current nutrition science and national health recommendations from the [Dietary Guidelines for Americans](#), and national health organizations such as the National Academy of Medicine, and American Heart Association. The CSDE's state nutrition standards committee reviews the CNS annually, and determines if updates are needed to reflect changes in current nutrition science and national health recommendations.

Public school districts that choose to implement the healthy food option under C.G.S. [Section 10-215f](#) (Healthy Food Certification) must follow the CNS for all foods sold to students separately from reimbursable school meals, at all times and from all sources on school premises, including a la carte sales in the cafeteria, vending machines, school stores, fundraisers, culinary programs, and any other sources of food sales to students. For more information, visit the CSDE's [HFC](#) and [Competitive Foods](#) webpages.

The CNS meets or exceeds the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards for competitive foods. For information on the USDA's Smart Snacks standards, visit the CSDE's [Smart Snacks](#) and [Competitive Foods](#) webpages.

#### Connecticut Nutrition Standards and Resources

- [CNS for School Years 2019-20 and 2020-21](#) : Summary Document
- [CNS for Foods in Schools: School Years 2019-20 and 2020-21](#) : Full CNS document including rationale and implementation guidance
- [How to Evaluate Foods for CNS Compliance](#) (How To section)
- Presentation: [Connecticut Nutrition Standards](#)

<https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards>

# CSDE Resource

## Summary of CNS

### Summary of Connecticut Nutrition Standards for School Years 2019-20 and 2020-21

This document summarizes the Connecticut State Department of Education's (CSDE) publication, *Connecticut Nutrition Standards for Foods in Schools*, for school years 2019-20 and 2020-21 (July 1, 2019, through June 30, 2021). The Connecticut Nutrition Standards (CNS) is based on current nutrition science and national health recommendations from the 2015-2020 *Dietary Guidelines for Americans*, and national health organizations such as the National Academy of Sciences Institute of Medicine.

The CNS focuses on moderating calories, limiting fat, saturated fat, sodium, and sugars; eliminating trans fat; and increasing consumption of nutrient-rich foods such as fruits, vegetables, whole grains, low-fat dairy, lean meats, and legumes. The CNS exceeds the U.S.

Department of Agriculture's (USDA) Smart Snacks nutrition standards for competitive foods in the final rule, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HRFKA of 2010*.

The CNS addresses all foods sold to students on school premises separately from reimbursable school meals in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Public schools that choose the healthy food option of [Healthy Food Certification \(HFC\)](#) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.) must follow the CNS for all foods sold to students separately from reimbursable meals, at all times and from all sources. This includes, but is not limited to, a la carte sales in the cafeteria, vending machines, school stores, fundraisers, and any other sources of food sales to students on school premises. Foods that comply with the CNS are listed on the CSDE's [List of Acceptable Foods and Beverages webpage](#), which includes brand-specific lists of commercial food products that comply with the CNS and beverages that comply with the state beverage requirements of C.G.S. [Section 10-221q](#).

In HFC schools, foods that do not comply with the CNS cannot be sold unless the local board of education or governing authority votes to allow exemptions, and the following conditions are met:

- the sale is in connection with an event occurring after the end of the regular school day or on the weekend;
- the sale is at the location of the event; and
- the foods are not sold from a vending machine or school store.

An "event" is an occurrence that involves more than just a regularly scheduled practice, meeting, or extracurricular activity. For example, soccer games, school plays, and school debates are events, but soccer practices, play rehearsals, and debate team meetings are not. The "school day" is the period from midnight before to 30 minutes after the end of the official school day. "Location" means where the event is being held, and must be the same place as the food sales. For example, foods can be sold on the side of the soccer field during a soccer game, but not in the school cafeteria while a game is played on the soccer field.

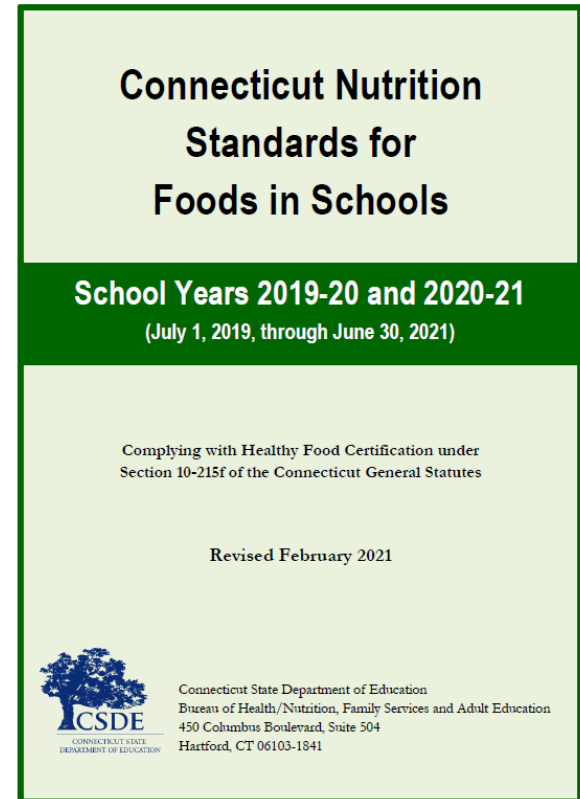
Connecticut State Department of Education • Revised February 2021 • Page 1 of 16

[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/Connecticut\\_Nutrition\\_Standards\\_Summary.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/Connecticut_Nutrition_Standards_Summary.pdf)

# CSDE Resource

## Full CNS Document

- Background
- Rationale
- Implementation guidance



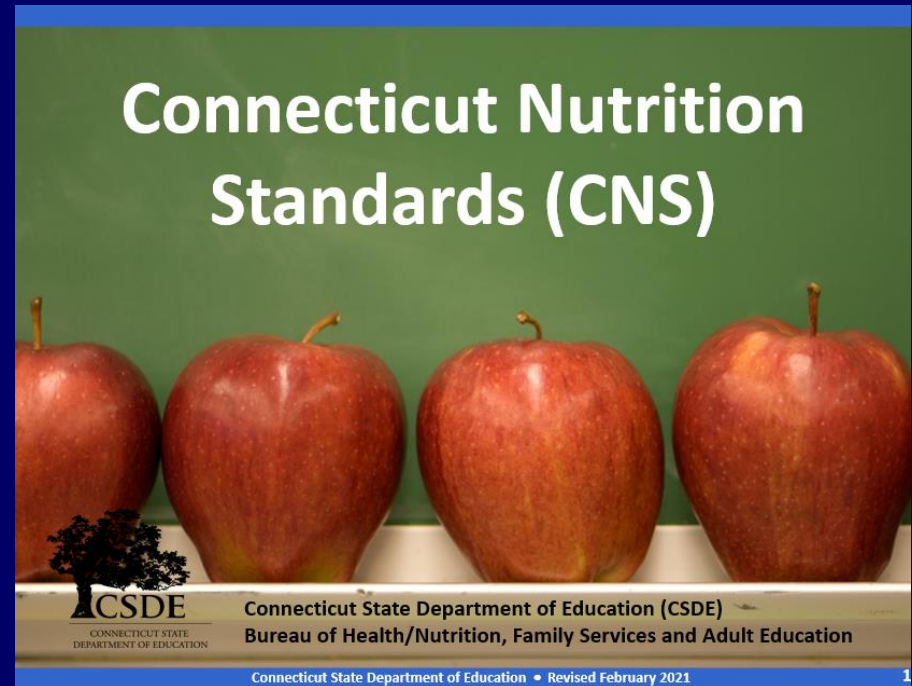
[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/Connecticut\\_Nutrition\\_Standards\\_full\\_document.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/Connecticut_Nutrition_Standards_full_document.pdf)



# CSDE Resource

## Presentation: Connecticut Nutrition Standards

- CNS categories
- General standards
- CNS ingredients
- CNS nutrients
- Evaluating commercial foods
- Evaluating foods made from scratch
- Resources

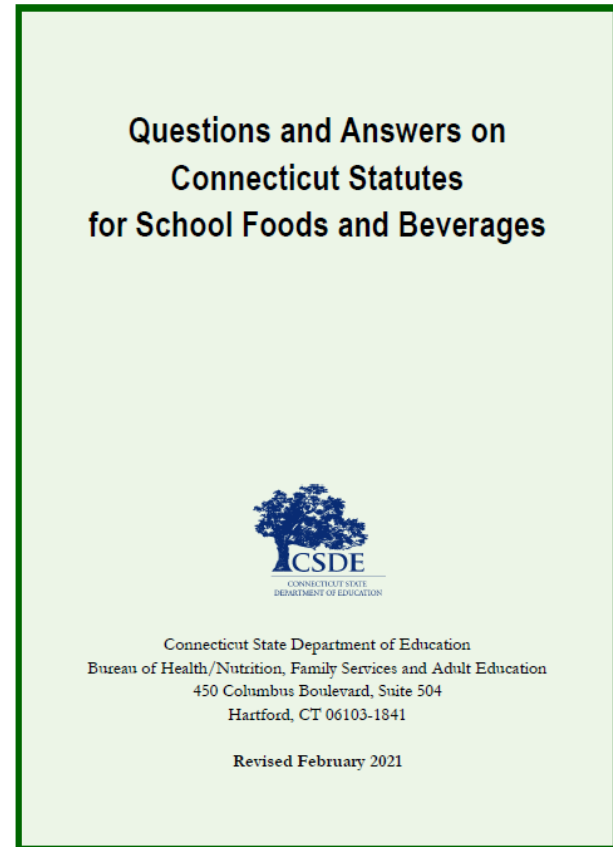


[https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards//-/media/SDE/Nutrition/HFC/CNS/Connecticut\\_Nutrition\\_Standards\\_Presentation.pdf](https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards//-/media/SDE/Nutrition/HFC/CNS/Connecticut_Nutrition_Standards_Presentation.pdf)

# CSDE Resource

## Questions and Answers on Connecticut Statutes

- Provides answers to commonly asked questions regarding the requirements and implementation of the Connecticut General Statutes for school foods and beverages



[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Questions\\_Answers\\_Connecticut\\_Statutes\\_School\\_Foods\\_Beverages.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Questions_Answers_Connecticut_Statutes_School_Foods_Beverages.pdf)



# CSDE Resource

## Responsibilities of District Contact Person

- Identifies the responsibilities of the district's designated HFC contact person

### Responsibilities of District Contact Person for Healthy Food Certification

The district contact person is the point person identified by the school district for coordinating the implementation and monitoring of the district's Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes. This person will receive all communications from the Connecticut State Department of Education (CSDE) regarding HFC. The district contact person will be part of the CSDE's HFC e-mail distribution list and will receive regular updates regarding allowable food and beverage items, implementation resources, documentation requirements, training, and other information regarding HFC implementation.

The district contact person is responsible for:

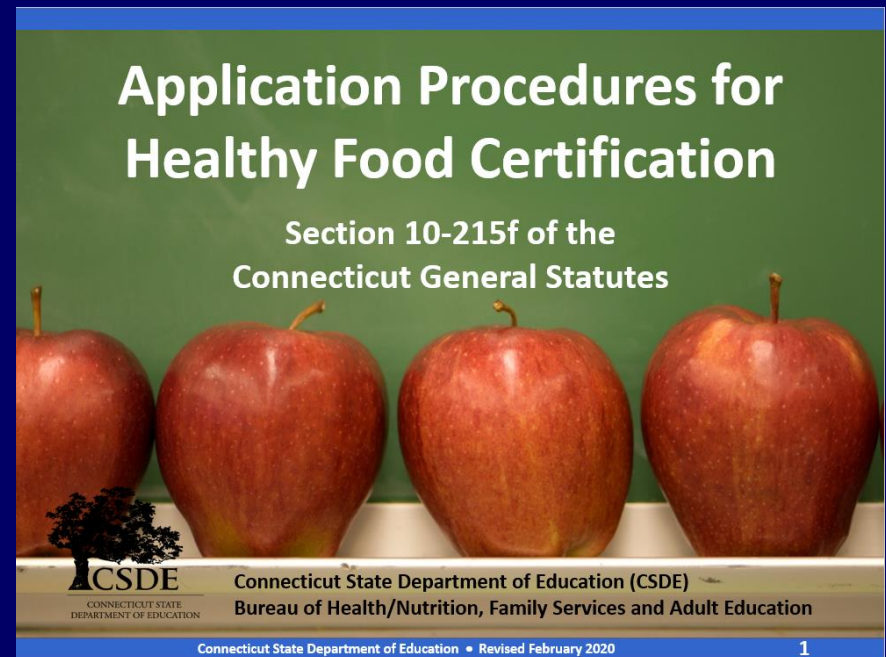
- understanding the requirements of state statutes, the [Connecticut Nutrition Standards](#) and HFC;
- disseminating information regarding the HFC requirements to all appropriate staff members in the school district, such as the school food service director, cafeteria managers, culinary arts teachers, athletic directors, family and consumer sciences teachers, parent groups, school organizations, and individuals who coordinate fundraising activities, school stores, kiosks, school-based enterprises, vending machines, and any other food and beverage sales to students in the district;
- being familiar with the CSDE's [List of Acceptable Foods and Beverages](#) webpage (brand-specific lists of food products that meet the Connecticut Nutrition Standards and beverages that meet the requirements of [Section 10-221q](#) of the Connecticut General Statutes) and sharing information with all appropriate school staff members regarding any changes and updates to the list;
- being aware of and sharing with appropriate staff members in the school district the CSDE's HFC resources, available on the CSDE's [HFC](#) webpage;
- responding to questions from district staff members and contacting the CSDE with questions and requests for technical assistance as necessary;
- organizing and providing training and technical assistance as needed for appropriate school district staff members;
- responding to requests from the CSDE for information and documentation related to HFC;
- coordinating district procedures for monitoring compliance with HFC;
- assisting district spokesperson with media-related inquiries regarding the district's HFC and the requirements of state statutes; and

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# CSDE Resource

## Presentation: HFC Application Procedures

- Overview of HFC
- HFC application process
- Steps for HFC application process
- Beverage exemptions
- Option for combined food and beverage exemptions
- Resources



[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/App/Application\\_Procedures\\_HFC\\_Presentation.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/App/Application_Procedures_HFC_Presentation.pdf)

# CSDE Resource

## Presentation: HFC Documentation Requirements

- Overview of HFC and CNS
- HFC documentation for current school year
- Submitting online HFC compliance form
- Submitting lists of foods and beverages
- CSDE review procedures for HFC documentation
- Resources



[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Doc/Documentation\\_Requirements\\_HFC\\_Presentation.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Doc/Documentation_Requirements_HFC_Presentation.pdf)

# CSDE Resource

## Requirements for Foods and Beverages in HFC Public Schools

- Summarizes the federal and state requirements for selling and giving foods and beverages to students on school premises

### Requirements for Competitive Foods in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving competitive foods to students in Connecticut public schools that:

- participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP); and
- choose to implement the healthy food option of Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.).

For guidance on how the federal and state requirements apply to different sources of foods and beverages in HFC review the Connecticut State Department of Education's (CSDE) resources, [Requirements for Competitive Foods in HFC Public Schools](#) and [Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools](#). The CSDE's [Guide to Competitive Foods in HFC Public Schools](#) provides detailed guidance on the requirements for competitive foods in HFC public schools. For more information on HFC, visit the CSDE's [HFC](#) webpage.



Competitive foods include all foods and beverages available for sale to students on school premises, separately from reimbursable meals served through the USDA's Child Nutrition Programs (CNPs). Under Section 10-215b-1 of the Regulations of Connecticut State Agencies, competitive foods also include certain foods and beverages that are given to students while CNPs are operating.

### Overview of Federal and State Requirements

All foods available for sale separately from reimbursable meals to students on school premises must comply with the [Connecticut Nutrition Standards](#) (CNS). All beverages available for sale to students on school premises, as part of and separately from reimbursable meals, must comply with the state beverage statute ([C.G.S. Section 10-221q](#)). In addition, beverages available for sale to students on school premises during the school day must comply with the USDA's Smart Snacks nutrition standards (81 FR 50131). Foods and beverages that do not meet the CNS or state beverage statute cannot be sold to students on school premises unless the sales meet specific exemption criteria (see "Food and Beverage Exemptions" in this document).

Only the Smart Snacks beverage standards apply to HFC public schools. The food standards do not apply because the state HFC statute (C.G.S. Section 10-215f) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, review the CSDE's resource, [Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards](#).

# CSDE Resource

## Resources for Meeting the Federal and State Requirements for Competitive Foods in Schools

- Links to resources on the federal and state requirements for selling and giving competitive foods to students

### Resources for Meeting the Federal and State Requirements for Competitive Foods in Schools

This document includes webpages and resources to assist schools with implementing the federal and state requirements for competitive foods in schools. These resources are from the Connecticut State Department of Education (CSDE), U.S. Department of Agriculture (USDA), and other organizations related to school nutrition. "Competitive foods" are all foods and beverages available for sale to students on school premises, separately from reimbursable meals and snacks served through the USDA's [Child Nutrition Programs](#) (CNPs). Under Section 10-215b-1 of the Regulations of Connecticut State Agencies, competitive foods also include certain foods and beverages (i.e., candy, tea, coffee, and soft drinks) that are given to students while CNPs are operating.

#### Federal and State Requirements

The federal and state requirements include:

- Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.);
- the Connecticut Nutrition Standards (CNS) under C.G.S. [Section 10-215e](#);
- USDA's Smart Snacks nutrition standards for competitive foods ([81 FR 50131](#));
- Connecticut's beverage statute for public schools ([C.G.S. Section 10-221g](#));
- Connecticut's statute requiring public schools to sell nutritious and low-fat foods whenever foods are sold to students during the school day ([C.G.S. Section 10-221p](#));
- Connecticut's competitive foods regulations ([Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies](#));
- USDA's School Wellness Policy ([Section 4 of Public Law 108-265](#) and the [Healthy, Hunger-Free Kids Act of 2010](#));
- USDA's regulation for revenue from nonprogram foods ([7 CFR 210.14 \(f\)](#)); and
- USDA's policies and guidance for competitive foods ([USDA policy memos for the NSLP and SBP](#)).

These laws determine what and when foods and beverages may be sold or given to students. They also regulate the accrual of income from sales of competitive foods. Some laws apply differently depending on whether the school is a public school, private school, or residential child care institution (RCCI). Some laws apply during the school day, while others apply at all times or while the USDA's CNPs are operating. When the federal and state laws supersede each other, schools must follow the stricter requirements. For an overview of these requirements, review the CSDE's resource, [Overview of Federal and State Laws for Competitive Foods in Connecticut Public Schools, Private Schools, and Residential Child Care Institutions](#).

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[https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Resources\\_Federal\\_State\\_Requirements\\_Competitive\\_Foods.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Resources_Federal_State_Requirements_Competitive_Foods.pdf)

# CSDE Child Nutrition Programs

## CSDE School Nutrition Programs Staff

County	Consultant
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Hartford County (includes Region 10) Middlesex County (includes Regions 4, 13, and 17)	Teri Dandeneau <a href="mailto:teri.dandeneau@ct.gov">teri.dandeneau@ct.gov</a> 860-807-2079
New Haven County (includes Regions 5, 15, and 16) New London County Tolland County (includes Regions 8 and 19) Windham County (includes Region 11)	Susan Alston <a href="mailto:susan.alston@ct.gov">susan.alston@ct.gov</a> 860-807-2081



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# CSDE Child Nutrition Programs

## CSDE School Nutrition Programs Staff

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Seamless Summer Option (SSO) of the NSLP Summer Food Service Program (SFSP)	<p>Caroline Cooke  <a href="mailto:caroline.cooke@ct.gov">caroline.cooke@ct.gov</a> • 860-807-2144</p>
Child Nutrition Webpages Healthy Food Certification (HFC) Nutrition Education Special Diets	<p>Susan Fiore  <a href="mailto:susan.fiore@ct.gov">susan.fiore@ct.gov</a> • 860-807-2075</p>
School Wellness Policies	<p>Fionnuala Brown  <a href="mailto:fionnuala.brown@ct.gov">fionnuala.brown@ct.gov</a> • 860-807-2129</p>
Special Milk Program (SMP) Summer Food Service Program (SFSP)	<p>Terese Maineri  <a href="mailto:terese.maineri@ct.gov">terese.maineri@ct.gov</a> • 860-807-2145</p>
Fresh Fruit and Vegetable Program Food service management companies	<p>Andy Paul  <a href="mailto:andrew.paul@ct.gov">andrew.paul@ct.gov</a> • 860-807-2048</p>



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Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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